

split pea soup with cabbage and chicken

Makes 6-8 servings

RECIPE ADAPTED FROM: [Momsdish](#) and [The Simple Veganista](#)

PREP TIME: 10 minutes

COOK TIME: 40 min-8 hrs (depending on method)

1 Tbsp olive oil or avocado oil
1 lb green split peas (about 2 ¼ cups),
rinsed and odd peas removed
4 chicken drumsticks
3 large carrots, chopped
1 onion, chopped
2 cloves garlic, minced or ½ tsp garlic powder
½ head of cabbage, finely shredded
½ –1 tsp smoked paprika
1 heaping tsp dried basil
1 heaping tsp oregano
4–6 cups vegetable or chicken broth, water or [whey](#)*
4 Tbsp fresh parsley, roughly chopped or
2–3 tsp dried parsley
salt, to taste
fresh cracked pepper, to taste

***For a very thick split pea soup, thick enough for a spoon to stand alone in the center, use 4 cups of liquid. Six cups will result in a thinner, but still somewhat thick soup. When in doubt use less water and add more later as needed.**

SLOW COOKER METHOD

PLACE ingredients into the bottom of your crock pot, starting with the split peas, then drumsticks and finishing with the broth or water. Heat on low for 7-8 hours or high for 4-5 hours.

STIR in parsley 30 minutes before done.

INSTANT POT METHOD

SET Instant Pot to SAUTE and add the oil and drumsticks. Sauté for 4-5 minutes, then remove drumsticks.

ADD a splash of water and stir/scrape to deglaze the pot. Add onion, carrot and garlic, and sauté for 4-5 minutes (feel free to skip this step entirely).

ADD drumsticks, split peas, cabbage, oregano, basil, and at least 5 cups of broth or water, and stir to combine.

ATTACH lid and turn to lock, set the valve to SEALING, and manually set to HIGH pressure for 15 minutes.

LET pressure naturally release for 10 minutes then manually release any remaining pressure until float valve drops.

STIR in parsley.

STOVETOP METHOD

HEAT 1 Tablespoon oil over medium-high heat in a Dutch oven or pot, add the drumsticks and sauté for 4-5 minutes.

ADD onion, and sauté for 5 minutes.

ADD carrots, celery, garlic, cabbage and dried herbs, and sauté, stirring frequently, for 3-4 minutes.

ADD the split peas and broth or water.

BRING to a boil, cover, reduce heat to medium-low and simmer for 2 hours, stirring occasionally.

STIR in parsley 30 minutes before removing from heat.

SEE NEXT PAGE FOR FINAL STEPS FOR ANY OF THE ABOVE COOKING METHODS...

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LET soup cool slightly.

REMOVE chicken drumsticks and remove meat from bones.

USING an immersion blender, carefully, as to not burn yourself, puree soup until desired consistency. You can also puree using a food/processor or blender, in batches.

ADD chicken meat back to soup.

TASTE and add salt and pepper as needed. Soup will thicken upon standing.

GARNISH with extra parsley if desired.

NOTES

- Skip the chicken for a vegan version.
- Leftovers can be stored in the refrigerator for up to 5-6 days or in the freezer for up to 2 months, thawed before reheating.

