

# Golden Split Pea Soup with Herbed Chive Cream

*A velvety, fiber-rich split pea soup that keeps blood sugar steady while delivering satisfying comfort. Perfect for diabetes-friendly meal planning.*

Prep: 15 min

Cook: 75 min

Total: 90 min

Servings: 4

**GL 16.0 / GI 46**

## Ingredients

**divided for cream and garnish** fresh chives, coarsely chopped, plus extra for garnish

**for chive cream** fat-free plain yogurt

**adds tang to cream** low-fat buttermilk

**minimal amount for balance** granulated sugar

**pinch for seasoning** salt

**heart-healthy fat** extra virgin olive oil

**aromatic base** yellow onion, chopped

**adds natural sweetness** large carrot, peeled and chopped

**aromatic depth** garlic cloves, minced

**low GI protein source** dried yellow or green split peas, rinsed

**cooking liquid** filtered water

**flavor base** low-sodium vegetable stock

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**seasoning** freshly ground black pepper

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**protein garnish** lean ham, chopped

## Instructions

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### Step 1

Prepare the herbed chive cream by combining chopped chives, fat-free yogurt, buttermilk, erythritol (or sugar-free sweetener), and a pinch of salt in a small food processor or blender. Pulse until the mixture is smooth and uniformly green. Transfer to a covered container and refrigerate while preparing the soup to allow flavors to meld.

### Step 2

Warm the olive oil in a large, heavy-bottomed saucepan over medium heat. Add the chopped onion and cook, stirring occasionally, until it becomes translucent and develops a light golden color, approximately 6 minutes. The gentle caramelization adds depth without spiking the glycemic load.

### Step 3

Stir in the chopped carrot and continue cooking for another 5 minutes, stirring periodically, until the carrot pieces soften and begin to release their natural sweetness. Add the minced garlic and cook for 1 additional minute until fragrant, being careful not to let it brown.

### Step 4

Add the rinsed split peas, water, vegetable stock, and black pepper to the saucepan. Increase heat to bring the mixture to a rolling boil, then immediately reduce to low heat. Cover the pot partially, leaving a small gap for steam to escape, and simmer gently for 60 to 65 minutes until the split peas are completely tender and breaking apart.

### Step 5

Working in batches to avoid overfilling, carefully transfer the hot soup to a blender or food processor. Blend each batch until completely smooth and velvety, then return the pureed soup to the saucepan. Alternatively, use an immersion blender directly in the pot for easier cleanup.

## **Step 6**

Gently reheat the pureed soup over medium-low heat, stirring occasionally to prevent sticking. Taste and adjust seasoning with additional pepper or salt if needed, keeping in mind that the ham garnish will add saltiness.

## **Step 7**

Ladle the hot soup into warmed bowls, serving approximately 1.5 cups per portion. Create an artistic swirl or drizzle of the chilled chive cream on top of each serving. Sprinkle with chopped lean ham if using and garnish with long cuts of fresh chives. Serve immediately while hot, ideally after starting your meal with raw vegetables to optimize glycemic response.