

# Low-Glycemic Vegan Split Pea Soup

A blood sugar-friendly split pea soup loaded with fiber-rich legumes and vegetables. This hearty, plant-based meal keeps you satisfied without spiking glucose.

Prep: 10 min

Cook: 65 min

Total: 75 min

Servings: 4

GL 23.7 / GI 29

## Ingredients

**Healthy fat to slow glucose absorption** olive oil

**Low GI vegetable, adds flavor** large yellow onion, chopped

**Very low GI, high fiber** celery, chopped

**Moderate GI when cooked, rich in fiber** carrots, chopped

**Minimal glycemic impact, anti-inflammatory** garlic cloves, minced

**No glycemic impact** bay leaves

**No glycemic impact** black pepper

**No glycemic impact** sea salt

**No glycemic impact, antioxidant-rich** fresh thyme

**No glycemic impact** dried oregano

**No glycemic impact** smoked paprika

**Low GI (25), excellent fiber and protein source** dry split peas, rinsed

**Choose low-sodium, no added sugars** vegetable broth

**Minimal glycemic impact, adds umami** tamari

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**Very low GI, enhances flavor** fresh lemon juice

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**No glycemic impact, nutrient-dense** fresh parsley, chopped, for garnish

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## Instructions

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### Step 1

Heat the olive oil in a large Dutch oven or heavy-bottomed stockpot over medium heat. Once shimmering, add the chopped onion, celery, carrots, and minced garlic. Sauté the vegetables, stirring occasionally, until they become fragrant and begin to soften, approximately 5 to 7 minutes. The vegetables should be tender but not browned.

### Step 2

Add the bay leaves, black pepper, sea salt, fresh thyme, dried oregano, and smoked paprika to the softened vegetables. Stir continuously for about 1 minute to toast the spices and release their aromatic oils. This step enhances the depth of flavor in your soup.

### Step 3

Pour in the rinsed split peas and stir them into the vegetable and spice mixture, coating them evenly. Cook for another minute, allowing the peas to absorb some of the flavors before adding liquid.

### Step 4

Add the vegetable broth to the pot and stir well to combine all ingredients. Increase the heat to bring the mixture to a rolling boil, then immediately reduce the heat to low. Cover the pot with a lid and let the soup simmer gently for approximately 60 minutes, or until the split peas are completely tender and beginning to break down. Stir occasionally to prevent sticking.

### Step 5

Once the split peas have softened and the soup has thickened to your desired consistency, remove the bay leaves and thyme sprigs and discard them. Stir in the tamari and fresh lemon juice, which will brighten the flavors and add a subtle tang. Taste and adjust seasoning with additional salt and pepper if needed.

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## Step 6

For optimal blood sugar management, let the soup cool slightly before serving—this allows resistant starch to form, further lowering the glycemic impact. Ladle the soup into bowls and garnish with freshly chopped parsley and cracked black pepper. If desired, add a small amount of nutritional yeast for a cheesy flavor without dairy.

## Step 7

Store leftovers in an airtight container in the refrigerator for up to 5 days, or freeze for up to 3 months. The soup will thicken upon standing; simply add additional vegetable broth or water when reheating to reach your preferred consistency. This soup pairs beautifully with a large green salad eaten first to further stabilize blood sugar response.