

Split Pea Soup

Hearty and delicious soup.

Categories

Gluten-free

Yields: 6 servings

Preparation time: 15 mins

Cooking time: 120 mins

Category: Soups

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Onion, white, yellow or red, cooked	1 medium - 2 1/2" diameter
Carrots, cooked from fresh	1 medium - 6" to 7" long
Celery, cooked	1 medium - stalk - 7 1/2" to 8" long
Garlic, cooked	2 clove
Split peas, yellow or green, cooked from dried	3 cup
Organic simply stock vegetable	2000 milliliter
Bay leaves	2 x 1 leaf
Salt, sea salt	1 teaspoon
Thyme, fresh	0.5 teaspoon
Cayenne	0.15 teaspoon
Black pepper, ground	0.5 teaspoon
Olive oil	2 tablespoon

Instructions

Split peas should be soaked in water overnight in a large bowl. Use enough water to cover peas. This will decrease cooking time and also decrease anti nutrients in the peas.

1. In a large soup pot, over low heat and add olive oil. Once hot add the onions and salt. Cook until translucent, about 5 minutes. Add the garlic and cook for another minute.
2. Add the soaked, rinsed and drained peas, 10 - 12 cups of vegetable stock, bay leaves, a few sprigs of fresh thyme, cayenne, and pepper. Bring to a boil and then reduce heat and simmer for approximately 2 hours or until peas start to break down. Stir occasionally and add more stock as needed. The amount of liquid required depends on the peas, how long they were soaked, and how thick you like your soup. It will thicken considerably when it cools.
3. When the peas are almost cooked add the fresh celery and cook until peas are fully softened. Then add the fresh carrots and continue to cook for another 10 minutes or until the carrots are cooked.

The soup can be partially or fully pureed in a blender. Add fresh parsley for garnish (optional).