

Split Pea Soup

Posted on Oct 01, 2008 ~ Revisited January 2022



Ingredients

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| 2 T oil - coconut, olive or avocado | ½ yellow onion diced |
| 2 ribs celery, diced | 1 carrot, washed, unpeeled, and diced |
| 3 cloves garlic, minced | 1 bay leaf |
| 1-pound dried green split peas
broth | 1 Quart stock – either chicken or vegetable |
| 1 bay leaf | 2 ½ cups of water |
- Salt and pepper to taste. Try Pink Himalayan Salt.
OPTIONAL – ¼ cup of ancient grain mixture

Instructions

- Place the oil in a large soup pot over medium – low heat. Stir in onion, celery, carrot, and garlic. Cook slowly until the onions are translucent but not brown, 5-8 minutes.
- Mix in bay leaf and peas. Put ham in as well at this time if you are using ham. Pour in stock and water. Stir to combine, and simmer slowly until the peas are tender and the soup is thick, about 1 hour and 15 minutes. Stir occasionally. Season with salt and black pepper. Remove bay leaf. Use a potato masher to blend up about 1/3 of the soup. This makes a creamier soup.
- Serve with a dollop of sour cream or Greek plain yogurt. Top with parsley.

Read the nutritional facts of split peas. This delicious soup will grace your table often, especially on these windy winter days!