

Split Pea Soup

written by admin | February 21, 2011

Split Pea Soup is part of the cuisine of many cultures. It is most often prepared with ham hocks, sausage or bacon. This extraordinary vegetarian version contains no added fat, no cholesterol and the flavor is fantastic! It's easy to make on the stove or in a slow cooker.



Equipment:

Large Pot or
Crockpot

Ingredients:

2 cups split peas, rinsed
6 cups hot water
1 cup sliced or diced carrots
1 cup sliced celery
1 medium onion, chopped
2 garlic cloves, minced
1/2 tsp dried marjoram or oregano
1/2 tsp dried basil
1/4 tsp ground cumin
1 tsp salt
Pinch of cayenne (optional)

Directions:

Rinse split peas, then place in a large pot with remaining ingredients. Bring to a simmer, then cover loosely and cook until split peas are tender, 1 to 2 hours.

Or, place all ingredients into a slow cooker. Cover and cook on high for 3 to 4 hours, or until split peas are soft and vegetables are tender.

If soup becomes too thick, add more water to get the consistency you prefer.

Serve with a crusty whole grain bread or top with Garlic Herb Croutons.

from Food for Life by Neal Barnard, M.D.