



SPLIT PEA SOUP

Ingredients

- 1 ½ cups split green peas, sorted and rinsed
- 2 tablespoons olive oil
- 1 large onion, diced
- 2 medium carrots, diced
- 2 large garlic cloves, chopped
- ¼ cup chopped parsley
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 2 bay leaves
- 4 sprigs of fresh mint
- 2 quarts vegetable stock or water**
- kosher salt
- fresh ground pepper
- mushroom soy sauce (optional)
- Greek yogurt (optional)

Preparation

1. Soak peas in water and set aside.
2. Heat olive oil in a large pot over medium heat. Add onion and carrots and sauté for about 10 minutes. Add garlic, parsley, rosemary, thyme, paprika, and pepper. Cook for another 3 minutes.
3. Drain split peas and add with 1 ½ teaspoon salt and stock (or water) to pot. Continually stir to keep peas from sticking to the bottom of the pan. Wait for it to boil before lowering the heat to simmer for about an hour. Partially cover until peas have broken down. If soup becomes too thick, add water according to your preference. Remove bay and mint leaves.
4. Season with soy sauce or salt as desired.

Serve hot. Highly recommended topped with a dollop of Greek yogurt.

** You can also use chicken or beef stock, if you do not have preference for vegetarian.

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This recipe was adapted from Deborah Madison's, "Vegetarian Cooking For Everyone" (1997) and was featured on [Gourmeted.com](http://gourmeted.com) in January 28, 2010:

<http://gourmeted.com/2010/01/28/vegetarian-split-pea-soup/>

Please email us at gourmeted@gmail.com if you have questions. Enjoy and happy eating!