

## Split Pea Soup Recipe

Adapted by Janice Holley MSc, RD as a plant-based heart-healthy soup. It still tastes awesome minus the processed meat.

### Ingredients:

350g package dried yellow split peas  
1 large sweet onion, coarsely chopped  
4 large carrots, peeled and sliced  
2 large garlic cloves, minced  
2 bay leaves  
½ tsp/2ml granulated sugar  
1 tsp/5ml salt  
½ tsp/2ml freshly ground black pepper  
4 cups/1000ml low sodium or no salt added broth  
4 cups/1000ml water

### Method:

1. Wash peas and drain.
2. Place in large pot along with onion, carrots, garlic, bay leaves, sugar, salt and pepper.
3. Add broth and water. Cover and bring to boil. Stir occasionally.
4. Reduce heat to low until soup just simmering. Cook covered until peas are very soft, about 2 hours.
5. Monitor while simmering. Stir occasionally so peas don't stick to bottom of pot.
6. Remove bay leaves. Puree in food processor or with immersion blender.

Soup keeps well in fridge for several days. Flavor is best if made a day ahead. Also freezes well.