

Vegan Split Pea Soup

SERVINGS
4-6

PREP TIME
15 MIN

COOK TIME
1 TO 2 HR

TOTAL TIME
1 - 2¼ HR

Indulge in the hearty flavors of this Split Pea Soup, a comforting dish perfect for cozy nights. Prepare it on the stovetop or Instant Pot, this recipe is both delicious and versatile.



ORGANIZING
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Ingredients

Directions

1

- Olive Oil
- 1 Medium Onion
- 2 T Minced Garlic

Stovetop Direction: Choose 6 qt stockpot or larger over medium heat. **You can easily double the recipe on stovetop, just choose an 8 qt stockpot.**

Instant Pot Direction: Use Sautee Setting.

- Heat up a generous drizzle of olive oil.
- Dice onions and add to heated pot, cook for about 3 minutes, then add the garlic and mix well.

2

- ½ to 1 lb Baby Carrots (or substitute regular carrots, if desired)

- Determine your preferred amount of carrots, cut in half (thirds or quarters) depending on size of baby carrots and preference. Cut and add to pot, mixing, repeating until all carrots are cut and added. Heat another 2-3 minutes.

3

- 1 Large Bay Leaf
- 2 tsp Oregano
- 1 tsp Salt
- ½ tsp Pepper
- ½ tsp Paprika
- ½ tsp Marjoram

- Add spices & cook another 2-3 mins, until mixture is fragrant & translucent.

4

- 16 oz Dried Split Peas
- 1½ (32 oz) Containers Vegetable Broth + **MORE to achieve the consistency you want.**

- Rinse and sort split peas (as recommended on the package).
- Add peas and broth to pot. Mix well.
- **Stovetop Direction:** Once soup begins to bubble slightly, turn heat down to simmer (lid on and tilted) and cook about 1-2 hours until desired texture is achieved (split peas will soften and breakdown, making soup thicker as it cooks, 2 hr is ideal). Stir occasionally and scrape the bottom to incorporate any settling bits. **Add more broth as needed to thin soup as it cooks down.**
- **Instant Pot Direction:** Turn off the sauté setting. Cover and set the pot to pressure cook, high setting for 20 minutes (it will take the pot about 15 min to pressurize). After cooking, allow pot to naturally depressurize for 10 min. Carefully turn the valve to venting and allow to depressurize fully. Remove lid. After cooking is complete, add additional broth to thin to desired consistency.
- ✧ **Taste and adjust spices to preferences - will likely need more salt.**

SERVE WITH:

- Nutritional Yeast
- Crusty Bread or Saltines
- Salt & Pepper to Taste

- Serve and top with nutritional yeast and crackers or crusty bread.