

Vegan Split Pea Soup

SERVINGS
4

PREP TIME
15 MIN

COOK TIME
1 TO 2 HR

TOTAL TIME
1 - 2¼ HR

All the classic flavor of traditional split pea soup. Hearty split peas, sweet tender carrots, and savory spices in a thick, creamy, nourishing bowl that's surprisingly simple to make.



ORGANIZING
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Ingredients

Directions

THIS IS A GREAT RECIPE TO DOUBLE — just choose an 8 qt stockpot!

1

- 1-2 tbsp Olive Oil
- 1 Medium Yellow Onion
- 2 tbsp Minced Garlic

- Heat 1-2 tbsp olive oil (or a generous drizzle) in a 6 qt stockpot over medium heat.
- Dice onion and add to the heated pot. Cook for about 3 minutes, stirring occasionally, until softened.
- Add garlic and stir well. Cook for 1 more minute until fragrant.

2

- 1 Large Bay Leaf
- 2 tsp Oregano
- 1 tsp Salt
- ½ tsp Pepper
- ½ tsp Paprika
- ½ tsp Marjoram (or substitute extra oregano)

- Add spices and stir to coat the onion and garlic mixture. Cook for 2-3 minutes until fragrant.

3

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

- Cut baby carrots in half or thirds depending on size and your preference. Add to the pot as you cut and stir to combine. Cook for 2-3 minutes.

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 the pot and stir well.
- Once soup begins to bubble slightly, reduce heat to simmer. Cook with lid on and slightly tilted for 1-2 hours, checking at the 1 hour mark - stirring occasionally and scraping the bottom to incorporate any settling bits. Split peas will soften and break down as they cook, naturally thickening the soup - 2 hours is ideal for a rich, thick consistency. Add more broth as needed to reach your preferred consistency.
- Taste and adjust spices - this soup typically benefits from an extra pinch or two of salt at the end.

SERVE WITH:

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

- Ladle into bowls and serve with crusty bread or saltines. Top with a sprinkle of nutritional yeast and season with salt & pepper to taste.