

Split Pea Soup

from "Hearty Vegetarian Soups & Stews" by Jeanne Marie Martin

Serves 8 -10

1 lb (2 1/4 - 2 1/2 cups) naturally smoked dry green split peas
7 - 9 cups of water or vegetable stock
2 medium onions, very finely chopped
1/4 cup butter or
1 - 2 Tbsp extra virgin olive oil
3 - 5 tsp tamari soy sauce
2 tsp parsley
1 1/2 tsp sea salt
1 - 2 tsp honey
1 tsp each of basil, oregano, and mint leaves, crushed
1/2 tsp each thyme and sea kelp
1/4 tsp each marjoram and savory
several dashes of cayenne pepper to taste
1 - 2 potatoes and/or carrots, finely chopped and pre-steamed 7-10 minutes before adding the onions (optional)

Swirl the peas around by hand in a large pan of water, changing the water several times to remove the bubbly liquid from the peas, which can cause gas. Drain the water off, and then add the 7 - 9 cups of fresh water or stock the recipe requires.

Cook the peas in a large pot for 1 1/2 to 2 hours on medium heat or until the peas completely dissolve into the liquid. Stir occasionally. Then add the onions, herbs, and vegetables (if any), butter or oil, and cook over a low to medium heat for 20 to 25 minutes longer to develop the flavors. Keep stirring the soup occasionally, leaving the heat low so it simmers and does not stick or burn.

Each serving may be topped with a bit of green onion or a small handful of alfalfa sprouts.

Keeps refrigerated for 6 - 7 days and may be frozen.