

Vegetarian Split Pea Soup

Serves 6

2 cups	dry split peas, rinsed
6 to 8 cups	low sodium vegetable or chicken stock and/or water
2 cups	onion, chopped
1 large	carrot, chopped
1 Tbsp	grapeseed oil or avocado oil
3 to 5 cloves	garlic, minced
1 tsp	minced rosemary or ½ tsp dried rosemary
½ tsp	salt or to taste
1 tsp	pepper

1. Place the beans and 6 cups (1.5 l) of water and or stock in a large saucepan/dutch oven over high heat and bring to a boil. Lower heat and simmer.
2. Sauté the onions, carrot, in the oil for about 10 minutes until the onions are translucent. Add the garlic, rosemary, and sauté for another 5 minutes.
3. Add the onion mixture, salt, and pepper to the pea mixture.
4. Simmer for 40 minutes or until the peas are mushy and falling apart. If at any point the soup seems too dry, add more water or stock.
5. If you want a thicker soup puree some of the pea mixture in blender, food processor, or with an immersion blender.