

Vegan Split Pea Soup



I love pea soup and have been making this recipe that I modified from the Moosewood Cookbook many years ago. Originally made in a pot, I have simplified to made in a crock pot. It is easy, delicious, healthy and never goes to waste at my house!

Into a crock pot put:

2-3 ribs of celery sliced or chopped

2-3 carrots chopped or sliced

1 onion chopped

3 cups split peas (i use green or yellow or a mixture)

1 thinly sliced potato

7 cups of water or veg broth or combination (may need more later)

2 teaspoons salt

1 teaspoon fresh ground pepper

1 teaspoon dry mustard

1 Bay leaf

Sesame oil-optional

Chopped parsley-optional

Turn on crock pot and let it cook, stir it if you are around. If cooked on high will take about 3 hours, less if you like the peas firmer/whole. If you have time, just cook on low for 4-5 hours.

Optional: can of diced tomatoes or 1-2 fresh diced.

When ready to serve, serve with a drizzle of sesame oil and fresh chopped parsley if desired. Adjust seasoning to taste.