



WFPB Split Pea Pea...



From: Jeff Spurgess

Serves: 20+

Prep Time: 30 min

Cook Time: 1.5 hours

Instructions

- 1) In a huge pot, put broth, split peas, diced onion, diced garlic, ½ of the celery diced, Liquid Smoke shredded parsley & shredded kale...cook until lentils are soft (30 min).
- 2) While the lentils are cooking, chop carrots and potatoes and stage them in a large bowl with the other 1/2 of the celery.
- 3) Add thyme, salt, & pepper to split pea pot and blend with an emersion blender.
- 4) Add the staged items, nutritional yeast, honey, bay leaves. Let simmer for at least 30 minutes – until potatoes and carrots are soft. Add water if it's too thick.
- 5) Add snap peas and frozen peas—simmer for 10-20 minutes.
- 6) Add cans of blackeye peas and let simmer for 10 minutes

Topper:

- 1) Preheat oven to 400°F.
- 2) Pat chickpeas dry with a towel (the drier they are, the crunchier they'll get).
- 3) Toss with oil and seasonings.
- 4) Spread evenly on a baking sheet.
- 5) Roast 30–35 minutes, shaking halfway through, until golden and crisp.
- 6) Sprinkle generously on top of soup right before serving.

Notes

Ingredients

- Vegetable Broth/stock – 3 boxes
- Split Peas – 2 bags
- Onion – 1 large diced
- Garlic – 8 gloves minced
- Celery – ½ stalk diced
- Kale – 1 Bunch
- Parsley - 1 Bunch
- Hickory Liquid Smoke - 3 tablespoons
- Salt – 3 tablespoons
- Pepper – 2 tablespoons
- Dried Thyme - 1 tablespoon
- Carrots – 2 lbs
- Potatoes - 2 lbs
- Nutritional yeast – ½ cup
- Honey – 1/3 cup
- 4 Bay leaves
- Snap Peas – 1 small bag halved
- Frozen Peas - 1 bag
- Blackeye Peas - 2 cans

Topper:

- Chickpeas—2 cans
- Olive oil - 1 tablespoon
- Smoked paprika - 1 teaspoon
- Garlic powder - 1/2 teaspoon
- Liquid smoke - 1/4 teaspoon
- Finely chopped kale and parsley

