



WFPB Smoky Split Pea

From: Jeff Spurgess

Prep Time: 30 min

Serves: 20+

Cook Time: 1.5 hours

Instructions

- 1) Preheat oven to 425. Cut potatoes to bite sized pieces. Cut tops off garlic and light olive oil and roast for 45 minutes.
- 2) In a pot, split peas and water—cook per the package. Drain and set aside.
- 3) Sweat onion, 1/2 celery 1/2 of kale (stem side) and 1/3 carrots. Then add broth bring to simmer.
- 4) Add garlic, liquid smoke, salt, pepper, agave and 1/3 of split peas, blend with immersion blender.
- 5) Add the rest of the split peas, carrots, celery, kale and cook until carrots are soft.
- 6) Add frozen peas, frozen lima beans and roasted potatoes—bring to simmer for 10-15 minutes.
- 7) Top with broccoli sprouts.

Notes

Ingredients

- Vegetable Broth/stock – 3 boxes
- Split Peas – 2 bags
- Onion – 1 large
- Garlic – 2 heads
- Celery – whole stalk
- Kale – 1 Bunch
- Carrots – 3 lbs
- Potato – 5 lbs
- Agave – 1/3 cup
- Frozen peas—one bag
- Frozen lima beans—one bag
- Salt – 2 tablespoons
- Pepper – 2 tablespoons
- Liquid smoke—2 tablespoons
- Broccoli Sprouts

