



Split Pea Soup

Serves 4

Ingredients:

8 cups vegetable broth	1 cup sweet onion, diced
2 cups split peas	3 large cloves garlic, minced
1 teaspoon sea salt	1 tablespoon raw sesame seeds
1 bay leaf	1 ½ tablespoons dried basil
2 ½ cups carrots, chopped	¼ cup olive oil
1 ½ cups celery, chopped	

Preparation of the vegetable broth:

1. To prepare homemade vegetable broth, see recipe below.
2. An alternative is to purchase vegetable broth powder or liquid from the health food store. Be sure to check that any store-bought broth is sugar, MSG and preservative free. Follow the directions on the label.

Preparation of the soup:

1. Rinse and drain the split peas before cooking.
2. Add 1 teaspoon of sea salt and bay leaf to the vegetable broth. Place a diffuser under the pot and bring the broth to a slow boil.
3. After the broth has come to a slow boil, pour the split peas into the broth and stir. Gently boil with the lid slightly ajar for approximately 60 minutes or until the split peas have softened and "melted" into the broth. Stir occasionally during the cooking time and more frequently toward the end to prevent peas from sticking to the pan.
4. In a pan over medium heat, lightly sauté the carrots, celery, onion, garlic, sesame seeds and basil in the olive oil until carrots are slightly firm. Saute each vegetable individually so as not to overcook any one and place together in a bowl. When done sautéing, return vegetables to the pan, add sesame seeds and basil and sauté for another few minutes to blend.
5. Pour the sautéed mixture into the boiling pot of broth and peas 10 minutes before the split peas are completely cooked. Discard bay leaf.

Note: May be served with raw sesame seeds and/or cayenne pepper.

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Basic Vegetable Broth

Yields 6 cups

Ingredients:

5 celery stalks, chopped into large chunks
8 medium carrots, chopped into large chunks
2 medium yellow onions, quartered
8 cups spring water

Preparation of the broth:

1. Combine the celery, carrots, onion and spring water in a pot. Bring the ingredients to a boil and simmer with the lid on until the vegetables are slightly firm.
2. Separate the broth from the vegetables, save the broth and discard the vegetables.

Variation: For a thick broth, puree the cooked vegetables with some of the broth in a blender. Add more or less of the pureed vegetables to the broth to create the desired thickness.

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