

Favorite Split Pea Soup

- 1 large onion**
- 2 ribs celery, finely chopped**
- 2 carrots, chopped**
- 2 garlic cloves, pressed**
- 6 cups vegetable stock (use 1 tsp. mock chicken broth powder per cup or any all-vegetable broth)**
- 2 cups split peas, sorted**
- 2 medium potatoes, peeled and in 1/2" cubes**
- 1 bay leaf**
- 1 tablespoon soy baco-bits (mock bacon bits made of soy)**
- 1/2 teaspoon dried marjoram**
- 1/2 tsp. dried basil**
- 1/4 tsp. cumin**
- 2 teaspoons salt or to taste**
- 1/4 teaspoon black pepper**
- 1/16 teaspoon ground cayenne pepper**

Stove top cook: In a large soup pot, sauté onion, celery, carrots, and garlic in a little water until softened, about three minutes. Stir in vegetable stock, peas, potatoes, bay leaf, baco-bits, and seasonings. Bring to a boil, reduce heat, and simmer, partially covered, for 60 minutes or until peas are soft. Stir occasionally. You may need to add about 1-1/2 cups of water as it cooks if it becomes too thick. Taste and adjust seasonings.

Pressure cook: Stir all ingredients into a pressure cooker, lock lid in place, and bring to high pressure. Pressure cook for 9-10 minutes. Allow pressure to come down naturally, or for quick-release, place the cooker under a small stream of cold running water, keeping the water away from the pressure regulator, until pressure comes down. Taste and adjust seasonings.

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