

Split Pea Soup

By Chef Del Sroufe

I love Split Pea Soup. It is hearty and full of flavor without being fancy. Like a lot of my cooking, how I make it is up to my mood, but this is my go-to version.

Serves 6 to 8

Ingredients

One large yellow onion	1 tsp allspice (optional)
2 stalks celery	½ tsp cayenne pepper or to taste
1 large carrot	1 pound green split peas, soaked overnight)
6 cloves minced garlic	10 to 12 cups low sodium vegetable broth
2 tsp dried thyme	Sea salt
2 tsp dried rosemary	Black pepper
2 tsp dried sage	1 tablespoon balsamic vinegar
2 tsp poultry seasoning	

Directions

1. In a large pot, sauté the onion, celery, and carrot over medium heat for 7 to 8 minutes until the onions start to brown and turn translucent. Add water 1 to 2 tablespoons at a time, as needed, to keep the onions from sticking to the pan.
2. Add the garlic, thyme, rosemary, sage, poultry seasoning, allspice, cayenne pepper, sweet potatoes, and split peas, and cook for one minute to toast the spices.
3. Add 10 cups of water to the pot and cook until the split peas are tender, about one hour, or more. When the split peas are tender add a tablespoon of balsamic vinegar and season with salt and pepper.

Note

Sometimes split peas take longer to cook than recipes say, so consider soaking them overnight to shorten the cooking time.