

Vegan Split Pea Soup

Jacob · 29/09/2024



Prep Time

3 hrs 15 mins

Difficult

Medium

Servings

10

Description

This vegan split pea soup recipe makes a very thick soup To make it thinner reduce the amount of split peas or add more water Depending on the density of split peas it may take a while for the vegetables and peas to soften but you cant really overcook this soup just stir occasionally and add water if it gets too dry Seasonings can be altered to taste This soup tastes even better reheated the next day

Ingredients

- - 1 tablespoon vegetable oil - 1 onion
- chopped - 3 cloves garlic
- minced - 1 bay leaf - 7 ½ cups water - 2 cups dried split peas - ½ cup barley - 1 ½ teaspoons salt - 3 potatoes
- diced - 3 carrots
- chopped - 3 stalks celery
- chopped - ½ cup chopped parsley - ½ teaspoon dried basil - ½ teaspoon dried thyme - ½ teaspoon ground black pepper

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Heat oil in a large pot over medium-high heat. Sauté onion
2. garlic
3. and bay leaf in hot oil until onions are translucent
4. about 5 minutes. Add water
5. peas
6. barley
7. and salt; bring to a boil. Reduce heat to low and simmer for 2 hours
8. stirring occasionally. Dotdash Meredith Food Studios Add potatoes
9. carrots
10. celery
11. parsley
12. basil
13. thyme
14. and pepper. Simmer until peas and vegetables are tender
15. about 1 hour. Dotdash Meredith Food Studios