



# SPLIT PEA AND SWEET POTATO SOUP

This soup could actually be called a stew. It is a healthy and hardy mix of many amazing whole plant foods. You can load it up with chunks of potato to make it a very satisfying meal. It is great for reheating for lunch or dinner. Serve with a slice of whole-grain toast and enjoy!

## INGREDIENTS

- 3 medium sweet potatoes, peeled and cubed into two-inch pieces
- 3 stalks of celery, chopped
- 4-5 medium carrots, peeled and chopped
- 1 sweet onion, chopped
- 3 cloves garlic, minced
- 2 cups frozen corn
- 1 cup dry green split peas
- 4 cups vegetable broth
- 4 cups water
- 2 tbsp Italian seasoning
- $\frac{1}{4}$  tsp Cayenne pepper, optional
- salt and pepper as desired

75 minutes



8-10 servings

## INSTRUCTIONS

1. Prepare all vegetables and set aside.
2. Rinse and drain the dry split peas thoroughly.
3. Preheat a large pot over high heat. Add 1-2 tablespoons of water. When the water starts to sizzle, add the onion.
4. Sauté the onion until translucent, about 3 minutes.
5. Add all of your prepared vegetables. Sauté for 8 minutes, adding a tablespoon of water or so as needed, so the vegetables do not stick to the pan.
6. Add all of your spices and cook for one more minute.
7. Pour in the vegetable broth and stir.
8. Add the split peas and additional water. Mix well.
9. Allow the ingredients to come to a boil.
10. Reduce the heat to a simmer for one hour, uncovered, stirring occasionally.
11. The stew will thicken, and the vegetables should be tender. Add more broth, if desired, or cook a little longer for a thicker stew.