



## Vegan Split Pea Soup (5 servings)

### Ingredients

1 Tbsp of olive oil	1 bay leaf
1 med. sweet onion, finely chopped	1/2 tsp of dried thyme
2 med. carrots, diced	1/4 tsp of ground cumin
4 cloves of garlic, minced	1/2 tsp of fine sea salt
6 cups vegetable broth	1/4 tsp of black pepper
2 cups dried green split peas	

### Preparation

- Rinse split peas before using.
- In a medium/large pot, heat oil over medium heat.
- Add onion and carrots to heated pot and sauté until softened, about six minutes.
- Add in garlic and cook for an additional minute.
- Add in broth, split peas, bay leaf, thyme, and cumin.
- Bring mixture to a boil, reduce heat to a gentle simmer, and cook for an hour, stirring frequently.
- Stir in the salt and pepper and cook for 5 more minutes.
- Top with homemade croutons. Enjoy!