

Vegan Not Paleo approved

**Ingredients:**

- 2 cups of split peas
- 1 onion
- 3 carrots
- 1 bay leaf
- 2 cloves garlic
- Olive Oil
- Vegetable Stock
- Water

**Equipment:**

- Peeler
- Knife
- Cutting Board
- Bowl
- 6 – 8 Quart Heavy Bottomed Stock Pot with a cover

(You can make this in a crock pot.)

1. Wash and rinse split peas removing any stones.
2. In a heavy bottomed pot sauté onions and celery in olive oil until translucent. If you use a pot with a heavy bottom you will need to stir far less
3. Add the carrots and garlic.
4. Add the stock and split beans and bay leaf.
5. Simmer until soft and thick about 2 hours. Turn the heat down as the soup thickens to prevent scorching on the bottom.
6. Pluck out the bay leaf.
7. Add salt and pepper to taste.