Favorite Split Pea Soup

1 large onion  
2 ribs celery, finely chopped  
2 carrots, chopped  
2 garlic cloves, pressed  
6 cups vegetable stock (use 1 tsp. mock chicken broth powder per cup or any all-vegetable broth)  
2 cups split peas, sorted  
2 medium potatoes, peeled and in 1/2” cubes  
1 bay leaf  
1 tablespoon soy baco-bits (mock bacon bits made of soy)  
1/2 teaspoon dried marjoram  
1/2 tsp. dried basil  
1/4 tsp. cumin  
2 teaspoons salt or to taste  
1/4 teaspoon black pepper  
1/16 teaspoon ground cayenne pepper

Stove top cook: In a large soup pot, sauté onion, celery, carrots, and garlic in a little water until softened, about three minutes. Stir in vegetable stock, peas, potatoes, bay leaf, baco-bits, and seasonings. Bring to a boil, reduce heat, and simmer, partially covered, for 60 minutes or until peas are soft. Stir occasionally. You may need to add about 1-1/2 cups of water as it cooks if it becomes too thick. Taste and adjust seasonings.

Pressure cook: Stir all ingredients into a pressure cooker, lock lid in place, and bring to high pressure. Pressure cook for 9-10 minutes. Allow pressure to come down naturally, or for quick-release, place the cooker under a small stream of cold running water, keeping the water away from the pressure regulator, until pressure comes down. Taste and adjust seasonings.

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