

# Split Pea Vegetable Soup

In this soup we blend the split peas into a nice smooth base, then add the vegetables. The chipotle chile does not make it spicy what it does is add a smokiness which is quite nice. You can leave it out if you want, the soup will still be good.

4 servings

¾ cup green split peas soaked for 4 hours  
2 Tb coconut oil  
1 large onion chopped into small pieces  
1 carrot chopped into small pieces  
1 tsp Celtic sea salt  
2 stalks celery chopped into small pieces  
4 cloves garlic  
6 cups water or stock  
1 bay leaf  
1 dried chipotle chile (optional)  
1 tsp dried thyme  
1 cup celeriac root (or turnips) cut into ½" pieces  
1 cup butternut squash cut into ½" pieces  
1 cup zucchini cut into ½" pieces  
½ cup Chopped parsley (optional)

- In a soup pot, heat coconut oil on medium.
- Start your onions and carrots first and cook until they begin to brown a little. Add ½ tsp salt.
- Add the celery and continue cooking until it softens and its color becomes a brighter green.
- Add garlic, stir, sauté 1 minute
- Drain & rinse split peas, add to onion mixture.
- Add water, bay leaf, chipotle and thyme.

- Cover and bring to a boil.
- Turn down to a simmer. Cook covered about 1 hour or until split peas are soft. Stirring occasionally
- Let soup cool for about 10 minutes. Remove bay leaf and chipotle chili (be careful not to let it break as the seeds are quite spicy).
- Blend the split peas in a blender until smooth. You will probably have to do it in batches, be careful if it is hot.
- Return to the pot. Add remaining ½ tsp salt or more or less to your taste.
- Add celeriac and butternut squash
- Cook 5 minutes on medium
- Add zucchini and cook another 3-5 minutes until all the vegetables are tender
- Stir in parsley.
- This will hold in the refrigerator for 5 days or you can freeze it for about 1 month.