

Herbal Legacy Recipes

Golden Split Pea Soup

Contributed by Cameron Spotten

Serves 4-6 Adults

Chef's tip: When using dried peas or beans, always sort and rinse them before cooking.

INGREDIENTS:

2 C Yellow Split Peas
1 T Vege-broth Powder
1 T Salt
1/2 C Diced Celery
1/2 C Diced Carrots
1 Lg Onion Diced

Add all ingredients to 4 cups boiling distilled water.
Simmer slowly for about 45 minutes or until peas are soft.
Puree the entire mixture.

Mix up 2 1/2 cups of "Better than Milk" milk substitute. (I like to double the powder to make it creamier.)

Add milk substitute, stir and simmer 10 minutes.

Variations:

1. Reserve half of the peas, carrots, celery, and onion before pureeing then add back for a chunkier texture.
2. Top soup with Stripples Vegetarian Bacon Bits
3. Add some diced potatoes or other vegetables to the mix

Enjoy this on a cool fall afternoon. The color of the soup is beautiful, and it tastes good too.

Cameron Spotten is Head Chef for [The Chillon Reception Center in Spanish Fork, Utah County, Utah](http://www.chillon.com). He is known for being easy to work with and for creating delicious food. Cameron says that when his friends were out playing baseball, he stayed home to watch "Yan Can Cook" and "The Frugal Gourmet." Visit his website at <http://www.chillon.com>