

**COMPLIANT SPLIT PEA SOUP**

This flavorful soup is taken from the book *Eating Alive: Prevention Thru Good Digestion* by Dr. Jonn Matsen N.D. I have removed the oil and salt and added a few things to make it compliant and bring out the flavours.

**Ingredients:**

* 2 ½ cups green split peas, rinsed
* 7-9 cups low sodium soup stock or filtered water
* 2 bay leaves
* 2 medium onions, diced small
* 2 carrots chopped small and pre-steamed.
* 1 Tbs. no-salt seasoning (like Kirkland brand or Mrs. Dash)
* 1 Tbs. onion powder
* 1 Tbs. garlic powder
* 2 tsp. dried parsley
* 1 tsp. each: basil, oregano, mint
* ½ tsp. each: thyme, kelp powder, red pepper flakes
* ¼ tsp. each: marjoram and savory
* Optional: 2 Tbs. apple sauce (the sweetness will balance the flavours)

**Method:**

1. In a large soup pot, bring rinsed split peas, bay leaves and low sodium soup stock (or filtered water) to a boil then reduce heat to medium and cook for about 1 ½ hours or until the peas totally dissolve into the liquid.
2. While the peas are cooking, pre-steam the carrots.
3. In a small frying pan, add a little water and onions and cook the onions until they are translucent (about 8 minutes).
4. Add onions, steamed carrots, no salt seasoning, onion powder, garlic powder, parsley, apple sauce (if using), and herbs to the pot and cook over a medium to low heat for about 25 minutes to develop the flavors.
5. Stir the soup occasionally, keeping the heat low so it doesn’t stick or burn.
6. Remove bay leaves and serve.
7. Optional: I blend my soup with an immersion blender for a thick, smooth texture.