Split Pea Soup (Vegan)

Yield: about 2.1–2.3 liters | Serves 10
Portion: 210–230 g per serving (≈1 cup)

Ingredients
- Olive oil – 1½ Tbsp
- Onion – 1 medium (≈150 g), diced
- Garlic – 3 cloves, minced
- Water – 1.9–2.4 L (8–10 cups)
- Split peas – 450 g (2 cups)
- Carrot – 1 large (≈120 g), diced
- Celery – 1 stalk (≈80 g), sliced
- Black pepper – 1 tsp
- Marjoram – ½ tsp
- Thyme – ½ tsp
- Basil – ½ tsp
- Dill – ½ tsp
- Celery seed – ½ tsp
- Bay leaf – 1
- Worcestershire – 1½ tsp
- Shaoxing wine – 1–2 Tbsp
- Reduced-sodium shoyu or Kevala coconut aminos – 2 tsp

Optional:
- 2 tsp white miso (stirred in before serving)

Instructions
1. Heat olive oil in a soup pot.
2. Sauté onion and garlic over medium heat until translucent and lightly browned.
3. Add water, peas, carrot, celery, herbs, bay leaf, Worcestershire, and Shaoxing wine.
4. Bring to a simmer, cover, and cook 60–90 minutes, stirring occasionally, until peas are tender.
5. Remove bay leaf and purée part or all of the soup.
6. Adjust seasoning with coconut aminos or miso and finish with lemon juice.

Nutrition (Per 210–230 g Serving, approx.)
Calories: 210 kcal
Protein: 13 g
Fat: 4.5 g
Carbohydrates: 32 g
Fiber: 9 g
Sugars: 3 g
Sodium: ~230 mg
Omega-3: ~0.12 g

💡 Notes:
- Adding miso enhances umami without extra salt.
- Coconut aminos gently balance the earthy flavor.
- For a protein boost, top each serving with 25–30 g tofu or tempeh.