

Split Pea Soup

MAKES: 8 SERVINGS

veggie broth, to sauté	1½ tsp. smoked paprika
½ lg. onion, sm. dice	1 tsp. basil
3 carrots, sm. dice	1 tsp. oregano
3 ribs celery, sm. dice	4 tsp. dried parsley flakes
2 med. russet potatoes, ½" cube	¼ tsp. thyme
4 cloves garlic, minced	cracked pepper
1 lb. split peas, rinsed	6 c. vegetable broth
1 bay leaf	1 capful liquid smoke, optional

Dice the onion, carrots, and celery—Peel and cube potatoes and mince the garlic. Next, on the "sauté setting" of your electric pressure cooker, sauté the onion, carrots, celery, and potatoes until the onion is translucent and carrots are soft - about 3-4 minutes. Then add the garlic and sauté a minute more.

Turn off the pressure cooker and add the rest of the ingredients.

Snap on the lid, close the steam valve, and set the pressure cooker to the manual setting for 15 minutes.

After 15 minutes is up, let the cooker release pressure naturally for another 15 minutes. (Total cook time will be about 40-45 minutes)

Open the steam valve, and once all the steam is released, you can remove the lid and stir the soup. Add more seasoning, if desired, after tasting. Serve hot with crusty bread, or cornbread, for dipping. (recipes continues)