

# Atomic Split Pea

Native Foods Cookbook pg. 156

Serving size: 6

Calories per serving: 154



## Ingredients:

2 tablespoons olive oil  
1 onion chopped  
2 carrots peeled and chopped  
1 cup diced seitan 1/4 " cubes, or bacon bits or other meatless ham  
1 1/2 cups yellow split peas  
8 cups water  
2 teaspoons salt  
1/2 teaspoon pepper  
1 teaspoon chopped, fresh rosemary

## GARNISH

1 teaspoon chopped fresh rosemary  
1 cup croutons  
1/4 cup chopped chives or green onions

## Directions:

In a large soup pot, heat oil and sauté onions until transparent and lightly browned.

Add carrot and seitan and sauté another 1-2 minutes.

While mixture is sautéing, place split peas in a colander and rinse.

Add split peas, water, salt, rosemary, and pepper to pot and simmer, partially covered, 1 hour.

Garnish each serving with a touch of rosemary, a few croutons, and chopped chives or green onions.