Perfect Pea Soup

**Makes** About 9 cups **∙ Source** [Themostlyvegan.com](http://www.themostlyvegan.com/perfect-pea-soup/)

**Ingredients**

1 yellow onion, diced

2 large cloves garlic, minced

2 tablespoons extra virgin olive oil

1/2 teaspoon dried oregano

1 bay leaf

1 teaspoon sea salt

1 teaspoon ground black pepper

2 cups carrots, diced

2 cups red or white potatoes, unpeeled & chopped

1 pound dried split green peas, rinsed

8 cups low sodium vegetable broth

salt & pepper

**Directions**

Add olive oil to a large pot over medium heat. Add onions, garlic, oregano, salt and pepper and sauté until the onions are soft and translucent, 15 minutes. Add the bay leaf, carrots, potatoes, split peas, and veggie broth. Bring to a boil, then simmer uncovered for 45 - 55 minutes, until peas are soft. (Make sure you have a few bubbles going in your pot from a high enough simmer or else the peas might take a bit longer to soften.)

Remove bay leaf. Place 2 cups of soup in a high speed blender. Puree and return to pot. Season with freshly cracked sea salt and black pepper to taste. Serve hot.

Soup will thicken as it cools. Add water in tablespoon increments to thin when reheating.