

## Red Split Pea Soup

3 tbsp of macadamia oil or organic butter  
1 Large Onion diced  
1 large Carrot sliced  
2-3 stalks of celery with the leaves sliced  
1 Small head of Broccoli, chopped into small pieces  
500gms of red split peas rinsed  
1 litre of liquid vegetable stock  
3 Bay Leaves  
Salt & Pepper

Heat oil or butter in a large pan, I use a big french clay pot. Add onions, carrots, celery and broccoli. Cook for about 5min or until vegetable a slightly softened. Stir in split peas, stock, and bay leaves. Bring to the boil and then lower to a low to a medium heat and cook for a further 30min with the lid on. I check it every 10min or to make sure that no additional liquid is needed. Sometimes towards the end it can become a little too dry and is so I add a tad more stock or water. Once cooked take out the bay leaves. It is filling on its own or with a slice of a wholemeal sourdough toast with organic butter.

This is my own healthy variation of a split pea soup. I make a batch of it about once a week in winter and have it for my lunches. If I am working away from home I heat some in the morning in a saucepan and then transfer it to a food thermos that contains it's own spoon. this makes it convenient and also avoids using a microwave.

### Stock

I use Pacific Organic from Wray's Organic because it is the only one I have found that does not contain yeast and sugar and all the ingredients are organic.

But if you wanted to keep things cheaper in the standard supermarket Campbell's would be a good option.