

# Vegan Smokey Split Pea Soup

Source: Better Vegan Category: Vegan Soups and Stews

Prep Time: 15 min Cook time: 2 hrs 30 min

Total Time: 2 hrs 45 min

Serves 6-8

*Vegan | Gluten Free | Refined Sugar Free*

*Contains soy*

*Oil Free | Fat Free version available (see notes)*



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Recipe Link:

<https://www.betterveganrecipes.com/vegan-smokey-split-pea-soup>

## Ingredients:

- 1 16oz package (about 2 1/4 cups) green split peas, soaked overnight, drained and rinsed
- 6 cups filtered water or vegetable broth, plus more if needed
- 6 gluten-free tempeh bacon strips, diced
- 1 medium size carrot, peeled and diced
- 1/2 medium size onion, peeled and diced
- 1 tsp. avocado oil
- 1 bay leaf
- 3 black peppercorns
- 1/4-ounce dried shiitake mushrooms
- Pink Himalayan salt, to taste
- Black pepper, to taste
- 1-2 Tbsp. fresh dill, finely chopped (optional)

## Instructions:

1. Prepare the ingredients.
2. Put peas and water in a large pot or a Dutch oven over medium-high heat and bring to boil. Skim all the foam, reduce the heat to low, add 1 teaspoon salt, bay leaf, peppercorns and dried shiitake mushrooms, cover and simmer for about 1 to 1.5 hours or until peas are completely tender and mostly falling apart.
3. While the soup is simmering, heat oil in a medium size skillet over medium heat. Add onion and carrot and sauté until vegetables are tender and golden brown. Add to the soup and mix well.
4. Put diced smoky tempeh on now empty skillet and sauté until golden-brown. Add to soup and let simmer for 5-10 minutes. Turn off the heat, mix in fresh dill, if using, and serve.

## Notes:

The soup should have smooth, creamy consistency due to the peas turning into puree. If you prefer the peas to be more whole, reduce the cooking time.

If the soup is too thick, add a bit more water or vegetable broth towards the end of cooking to achieve the desired consistency.

To make this soup oil-free, substitute oil for 2 Tbsp. vegetable broth or water.

#### Equipment needed:

Dutch oven (optional)

#### Serving suggestion:

Serve with vegan gluten-free croutons or vegan gluten-free bread. Try our [Better Vegan Grain-Free Gluten-Free Bread](#).