



Split Pea and Chard Soup

This vibrant, vegan split pea soup recipe is one of more than 125 fabulous creations featured in the much-anticipated new cookbook from Chefs Chad and Derek Sarno, *The Wicked Healthy Cookbook*.

By Chad and Derek Sarno

Serves 4

Preparation Time: 20 minutes

Cook Time: 12 hours 40 minutes

INGREDIENTS:

1 cup split green peas

6 cups vegetable stock

1 cup diced Yukon gold potatoes (skin on is fine)

½ cup diced onion

½ cup diced carrot

½ cup diced celery

7 cloves garlic, minced

1 bay leaf

1 teaspoon sea salt

1 teaspoon freshly ground black pepper

½ teaspoon granulated onion

2 large green chard leaves

Diced and roasted onions, carrots, and celery (optional garnish)

Fresh pea pods (optional garnish)

[Vegan Sour Cream](#) (optional garnish)

- 1 Cover split peas in water, and soak overnight. Drain and place in a slow cooker (or see Pro Tip, above, for stovetop directions). Add all remaining ingredients except the chard and cook on the low setting for 4 to 6 hours.
- 2 Rinse the chard leaves, then remove the leaves from the stems. (It's easiest to cut along the length of both sides of the stem to remove the leaves.)
- 3 Remove the soup from the heat and discard the bay leaf. Add the chard leaves to the soup. Let cool until barely warm, at least 20 minutes, before blending. Then use an immersion blender or stand blender to thoroughly blend in the chard and make the soup bright green. (If using a stand blender, remove the center lid to allow steam to escape and cover the hole with a folded paper towel.)