

FAST GREEN SPLIT PEA SOUP WITH SWEET POTATO, APPLE AND MINT

Most pressure cooker manufacturers consider split peas a “forbidden food” as they have a tendency to foam while cooking and can clog the vent. By coating the peas with oil or butter and putting a carefully calculated amount of liquid in the cooker (never filling it past the halfway point) I have experienced no problems whatsoever. This soup is very thick and can be served as is, or thinned with a few cups of vegetable stock. The sweet potatoes and apples lend a fresh and sweet flavor. Two tsp. Of dried mint give the soup a “hint of mint” : three strongly flavor it.

2 Tbsp. Sweet butter or oil

1 large onion, coarsely chopped

3 stalks celery, sliced

2 cups Dried split peas, picked over and rinsed

4 cups water

2-4 cups vegetable stock or chicken stock or boullion

2 med. Sweet potatoes (12 oz.) peeled and chunked

1 large sweet apple, peeled, cored, and cut into eighths

1 bay leaf

2 -3 tsp. Dried mint

1 tsp. Salt or to taste

Heat the butter in the pressure cooker. Saute the onion, stirring frequently until golden brown, bout 4 to 5 min. Add the celery and split peas, stirring to coat with the fat.

Add the 4 cup water plus 2 cups of stock, making sure to scrape up any bits of onion that are stuck to the bottom of the pot. Add the sweet potatoes, apples, bay leaf, and mint. Lock the lid in place and process on high (15 lb. Pressure) for 10 min. Adjust the heat to keep the pressure for 10 min. You can either open immediately if you have the instant pressure release valve or let cool before opening.

