



African Spiced Yellow Split-Pea and Sweet Potato Soup (6 servings)

Ingredients

1 yellow onion - chopped
2 poblano, or hatch chile, peppers - chopped
3 cloves garlic - minced
1 Tbsp olive, grapeseed or safflower oil
1 Tbsp ginger - grated or minced
1 tsp cumin - ground
1/2 tsp turmeric

3/4 tsp salt (or, to taste)

1 pound sweet skinned garnet yams or sweet potatoes roughly chopped... should equal 3½ to 4 cups
1 1/4 cups yellow split peas - rinsed & picked to remove any grit
6 cups water or low-sodium vegetable broth
1/2 cup non-dairy milk (soy, almond or light coconut milk)
1/2 tsp Harissa powder - more to taste
1/3 cup green onion tops or cilantro - chopped for garnish

Preparation

- Heat the oil in a large Dutch oven, or soup pot, over medium high heat. Add the onion and peppers.
- Cook for 5-7 minutes, or until the onions are clear and soft. Add the garlic and ginger, and cook, stirring constantly, for another two minutes, until the garlic is quite fragrant.
- Add a few tablespoons of water as needed, to prevent ingredients from sticking.
- Add the ginger, cumin, harissa, turmeric, salt, sweet potatoes, split peas, and water (or broth) to the pot. Bring the soup to a boil and then reduce it to a simmer. Cook, covered, for 30 minutes, stirring occasionally.
- Remove the lid and simmer for another ten minutes, so that the soup thickens up. Turn off the heat, stir in the non-dairy milk, and then season to taste with black pepper.
- Serve with a garnish of chopped green onions or cilantro.

Note:

Leftovers will keep in an airtight container for up to four days, and will freeze for up to one month.