

BRYANNA'S VEGAN-STYLE HABITANT PEA SOUP (FRENCH CANADIAN SOUP AUX POIS) (Adapted from a recipe in my book "The Fiber for Life Cookbook")

Serves 6-8

You can order whole dried yellow peas from the farm gate [here in the USA](#), and also order them [here](#). In Canada, check health food stores, supermarket bulk bins and natural foods markets.

NOTE: Whole peas should be soaked for about 8 hours before cooking.

2 cups dried whole yellow peas
8 cups tasty vegetarian broth
1 large onion, chopped
2 medium carrots, scrubbed and diced small
1/2 cup chopped celery (with leaves)
2 cloves garlic, crushed
2 tablespoons chopped parsley
1 bay leaf
1/2 teaspoon ground allspice
salt and freshly-ground black pepper to taste
1 teaspoon liquid smoke
Optional: 1 tablespoon soy bacon bits
or 1/4 cup chopped vegan "ham" or "bacon" or smoked tofu
1 tablespoon dark sesame oil

Soak the peas in water to cover generously for about 8 hours, then drain.

Mix the soaked peas in a large heavy pot with the broth, vegetables, herbs and spices, liquid smoke, optional "ham", "bacon" or smoked tofu, and sesame oil. Simmer for 2 hours.

With a hand/immersion blender, blend just enough to puree some of the peas, but not all. Just pulse briefly around the pot. Taste for salt and pepper.

Serve hot with crusty bread.