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.