



Split Pea Vegan Soup

- 1 cup green split peas (pre-soaked overnight)
- 1 small white onion, chopped
- 1 med carrot, sliced
- 2 celery stalks, sliced
- 1 tsp cumin

Bragg Organic Sea Kelp Delight Seasoning (to taste)

3 tbsp Bragg Liquid Aminos (to taste)

8-10 cups alkalized water

Combine all ingredients in a crock pot slow cooker. Heat on low. Check for water evaporation every 3-4 hours. Add water as needed. Cook until tender about 12-14 hours.