



SWEET POTATO, CARROT & YELLOW PEA SOUP

Ingredients:

1 large onion, diced
1 drop ginger oil
1 drop turmeric oil
1 drop cumin oil
3 cloves garlic, minced
½ t dry mustard
½ t cayenne pepper
1 large sweet potato, cubed
3 large carrots, chopped
8 c low-sodium vegetable broth
2 c dried yellow split peas
1 bunch Kale, stripped of ribs
and chopped
Black pepper to taste

Instructions:

In a large soup pot over medium-high heat, cook onion until translucent. Add garlic and cook for 5 more minutes. Add a tablespoon or so of water to prevent sticking if needed. Add mustard, cayenne, sweet potato, carrots, broth and peas to the pot, bring to a boil, cover and simmer until peas are tender and creamy. About 60 minutes. Stir occasionally to prevent peas from sticking the bottom of the pot. About 10 minutes before the soup is done, add the kale and stir, cook for remaining 10 minutes. Add in 1 drop of each oil and black pepper to taste.