

YELLOW SPLIT PEAS

3 cups yellow split peas, rinsed and picked over for rocks, then drained	
3/8 cup olive oil	12 cloves garlic, chopped fine
2 medium onions, diced	1 hot green chili, minced
1 1/2 teaspoons black mustard seeds	2-inch piece ginger, peeled & minced
1 1/2 teaspoons turmeric	4 teaspoons sea salt
1 1/2 teaspoons smoked paprika	6 cups water
1 teaspoon ground cinnamon	Freshly ground black pepper, to taste
3/4 teaspoon ground cardamom	A handful of chopped cilantro

Soak yellow split peas overnight, or put in a pot and heat to a boil. Let sit for an hour. Drain and rinse well. In a medium-sized heavy-bottomed pot, heat oil over medium-low heat. Add the diced onion. Turn heat to a gentle medium. Now add the spices. Cook, stirring often, until onions soften. Stir in the garlic, ginger, and chili. Let it cook another 3 minutes and add the split peas. Stir to coat with onions. Add the water, bring to a boil over high heat, turn heat to lowest setting and cover. They'll cook in an hour or so. (You can cook the split peas separately so that they are cooking while you are cutting vegetables and sautéing onions and spices. Then once that part of the recipe is done, you can add the split peas to the onion spice mixture and finish the remainder of the cooking so that it does not take so long.) Check occasionally to make sure they're not drying out; if so, add some hot water. When they're done, they should be very soft—a kind of rough paste. Taste, and add salt (do not add salt until the split peas are cooked) and a generous grinding of pepper. Then taste again. Correct for salt, and serve.

Above is the veganized recipe with the spices pumped up originally posted at <http://www.motherjones.com/tom-philpott/2011/08/tom-kitchen-alice-waters-flabread-spicy-split-peas>

Serve with cauliflower and sweet potato strips, tossed with olive oil, curry powder and salt, and roasted in the oven until done. Serve with a wrap. Serves 4.

[See more vegan recipes at www.truthaboutnursing.org/vegan](http://www.truthaboutnursing.org/vegan)