



Ingredients

- 1 ½ cups (375 mL) split peas, dried
- ½ cup (125 mL) barley
- 6 ½ cups (1.75 L) water
- 1 stalk of celery, chopped finely
- 1 large carrot, chopped finely
- 1 leek, chopped finely
- 1 potato, diced
- 1 bay leaf
- ½ tsp each or to taste of dried thyme, basil, cumin, marjoram, and ground black pepper
- 1 tsp (5 mL) sea salt

Instructions

Put all ingredients into large pot. Bring to a boil, then simmer on low heat for 3 or more hours.

Makes 6 servings.