



Instant Pot Split Pea Soup

INGREDIENTS

- 1 yellow onion, diced
- 3 garlic cloves, minced
- 2 carrots, diced
- 2 ribs celery, diced
- 2 russet potatoes, peeled and cubed
- 6 cups veggie broth
- 2 cups dry green split peas
- 2 tablespoons WYW Nooch
- 1 teaspoon dried thyme
- 1 teaspoon marjoram
- 1 teaspoon smoked paprika
- 1/2 teaspoon black pepper
- 1 bay leaf
- 1 teaspoon liquid smoke (optional)

To Serve:

- Soy Curl Bacon Bits
- toasted pepitas

METHOD

Add all of the ingredients to a 6 QT Instant Pot and stir well.

Set the Instant Pot to high pressure for 15 minutes. Allow a 15 minute natural release, then manually release.

Sprinkle with toasted pepitas and Soy Curl Bacon Bits to serve and enjoy!



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HEALTHY PLANT-BASED RECIPES

Soy Curl Bacon Bits

INGREDIENTS

1 cup dry soy curls

2–3 tablespoons WYW Bacon Seasoning

METHOD

Add the soy curls to a bowl and cover with hot water. Set aside to soak for about 10 minutes until softened.

Drain the soy curls and transfer them to a nut milk bag or clean kitchen towel. Squeeze firmly over the sink to remove as much water as possible.

Add the soy curls to a food processor and pulse 5–8 times until broken down to a crumbly, ground texture. Be careful not to over-process — you want texture, not paste. Transfer to a mixing bowl and toss with the Bacon Seasoning until evenly coated.

Spread in a single layer on a parchment-lined baking sheet.

Bake at 350°F for 10–15 minutes, or air fry at 350°F for 6–8 minutes, checking every couple of minutes until crispy and golden.

Use immediately as a topping for soup, salads, baked potatoes, or anywhere you'd reach for bacon bits!



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