

PEA SOUP

FROM DELICIOUS LIVING NUTRITION
SERVES 4

INGREDIENTS

4c frozen peas OR canned (drained) peas
1 tbsp oil of choice
½ yellow onion, chopped
2 cloves garlic, chopped
3c vegetable broth
1 can coconut milk
1 tsp white pepper
parsley (1 tsp dried or 1 tbsp fresh)

DIRECTIONS

1. Heat a large saucepan to medium heat and add oil, onion and garlic. Cook until soft, about 5 minutes.
2. Add peas, broth, coconut milk, and white pepper to the pan. Cover and bring to a boil.
3. Reduce to a simmer for 10 min.
4. Remove from heat and blend with an immersion blender until smooth. (A standard blender can also be used, just be cautious when transferring HOT soup)
5. Stir in parsley to soup and enjoy!

Tips!

- Play with spices and herbs! Try grating some fresh ginger or turmeric on top of your soup or add a sprinkle of fresh dill!
- Add lemon or lime juice for a fresh flavor!