GREEN PEA SOUP WITH MINT

Ingredients:

4 cups green peas, pods removed
1 large onion, chopped
6 garlic cloves
4 Tbsp plain yogurt
Salt
Pepper
Fresh mint leaves for garnish

Tip: use more or less water to achieve the desired consistency for this recipe. Instead of mint, you can add parsley, dill or cilantro. Fresh chives also work well.

Instructions:

- Put peas in a medium size saucepan with 5 cups of water.
- Add onion, garlic and salt. Cover and simmer for about 10 to 15 minutes.
- Blend in a food processor until smooth. Reheat.
- Garnish with a little yogurt, pepper and mint. Serve with fresh baguette.

Serves 4

Good to know

Soups are delicious, nutrient-dense, and filling food options. Big batches can be stored in the fridge for up to 5 days, and frozen for several months.

Source: Vegetarian Cooking by Rose Elliot. Published in 2003 by Simon & Schuster Inc: New York, NY