

Fresh Pea Soup

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measuring cups and spoons
soup pot
chopping board and knife
heatproof stirring spoon
blender or stick blender
4 serving bowls

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1. In the soup pot over a medium heat, **warm** 1 TBS **unrefined oil**

 2. Add and **sauté** until soft 1 **onion or leek**, chopped
1 clove **garlic**, finely chopped (optional)

 3. **Add** 3 cups **fresh or frozen peas**
3 cups **chicken or vegetable stock**

 4. Bring to the boil and **simmer** for 10 mins.

 5. **Blend** until smooth with ½ tsp **powdered greens** (optional)

 6. **Season** to taste with **unrefined salt**

 7. **Serve** and **garnish** with dollop of **cream or yoghurt**
cracked **black pepper**
snipped **herbs of choice**
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