

Fresh Pea and Broccoli 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
scissors for snipping herbs

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1. In the soup pot over a medium heat, **warm** **1 TBS extra virgin coconut or olive oil**
 2. Add and **sauté** until soft **1 onion or leek**, chopped
1 clove garlic, finely chopped (optional)
 3. **Add** **1 head broccoli** (~250g or ½ lb), chopped
2 cups fresh or frozen peas
4 cups vegetable stock
 4. *Bring to the boil and simmer* for 10 mins.
 5. **Remove** from the heat and carefully **blend** until smooth with **½ tsp powdered greens** (optional)
 6. **Season** to taste with **pink or sea salt**
 7. **Garnish** with swirl of **dairy or coconut cream** (opt.)
freshly cracked **black pepper**
herbs of choice, snipped
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