



PEA SOUP WITH FRESH MINT

INGREDIENTS

- 1 small onion, diced
- 2 cloves garlic, minced
- ½ leek, sliced thinly
- 2 celery stalks, sliced thinly
- 4 cups water
- 4 tbsp vegetable stock
- 1 pound peas, fresh or thawed from frozen
- 1 cup fresh mint
- ¼ tsp sea salt
- ¼ tsp black pepper

DIRECTIONS

1. Sauté onion and garlic in small amount of veggie broth until fragrant, around 3-5 minutes. Add leek and celery, cook 5-10 more minutes or until soft.
2. Add water and stock, then boil. Reduce heat to a low simmer and cook 10-15 minutes.
3. Add peas and bring to a boil. Reduce heat to a low simmer for 20 minutes.
4. Off heat, add mint, then blend until very smooth.
5. Season with salt and pepper to taste, then serve with a mint garnish

