

Spring pea soup with mint

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter or more olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 4 cups vegetable broth, more as needed
- 6 cups shelled peas, fresh or frozen (no need to thaw)
- ¼ cup flat-leaf parsley leaves, fresh
- ¼ cup mint leaves, fresh
- Kosher salt
- Pepper, freshly ground
- ¼ cup crème fraîche, yogurt or sour cream
- Extra mint leaves to garnish, (optional)



Nutritional Information

Servings: 6

Cost: \$8.23/\$1.37 per serving

Calories: 238 per serving

Directions

- Heat olive oil and/or butter over medium heat, adding onion and garlic once butter has melted.
- Cook onions until translucent, but don't brown.
- Add broth and peas to pot, reduce heat and simmer for about 8-10 minutes.
- Add parsley and mint, turn off the heat and blend the soup with a hand-held immersion blender.
- Add more broth or water as needed to thin the soup to desired consistency.
- Season with salt and pepper.
- Serve with dollop of crème fraîche, yogurt or sour cream and garnish with extra mint leaves.