



RECIPE

Pea Soup

Recipe Created For
Saucier Pan

Main Ingredient
Vegetables

Cook Time
Under 1 hour

Serving Size
2-4

RECIPE NOTES

Looking for a quick and easy lunch or dinner option that your family will love? This Pea Soup is definitely the recipe for you! All the veggies and herbs incorporated in this soup make it fresh and light, yet the heavy cream and crème fraîche add the creaminess and richness that balances out the dish perfectly. Make sure to top each serving of soup with croutons, pea shoots and freshly cracked pepper for extra savouriness. This Pea Soup recipe is very easy to make, especially when made in a Saucier or any wide-bottom pot. The total prep and cook time is less than an hour, and the recipe makes about 2 large servings or 4 appetizer-size portions. Make sure to grab all these ingredients on your next grocery run and follow the steps outlined here to achieve this delicious Pea Soup.

INGREDIENTS

Soup

- 3 tablespoons butter
- 4 green onions, sliced
- 1 garlic clove, crushed
- 1 large potato, peeled and diced
- 4 cups vegetable broth
- 200g spinach
- 200g shelled fresh peas or frozen peas, defrosted
- Small bunch mint
- Small bunch parsley
- 1 cup 35% cream
- ¼ cup crème fraîche
- Salt and pepper, to taste

Toppings

- Toasted croutons
- Fresh pea shoots
- Freshly cracked black pepper

INSTRUCTIONS

Heat butter over medium heat until melted. Add the green onions and garlic and cook until tender, about 3 to 5 minutes.

Add the potato and broth and bring to a simmer. Cook until the potato is tender.