



Easy Peasy Green Pea Soup

- NUTRITION NORTH CANADA -

This vegetarian soup is truly easy to throw together in minutes using frozen peas and vegetable broth. This soup can be frozen and is great served hot in the winter or served cold in the summer.

About The Chef:

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



Prep time: 15 mins



Cook time: 20 mins



Serves: 4




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INGREDIENTS

- 1 Tbsp (15 mL) olive oil
 - 1 medium onion, minced
 - ¼ tsp (1 mL) ground cumin
 - ½ tsp (2.5 mL) dried basil
 - 3 cups (750 mL) vegetable broth
 - 3½ cups (875 mL) frozen peas
 - ½ tsp (2.5 mL) salt
 - pinch black pepper
 - ¼ tsp (1 mL) garlic powder
 - 1 Tbsp (15 mL) lemon juice
 - ¼ cup (60 mL) minced fresh chives
 - 4 tsp (20 mL) sour cream or Greek yogurt (optional)
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Instructions

1. Heat the oil over medium-heat in a large pot. Add the onion, cumin and basil, and cook for 3 minutes, stirring occasionally.
2. Add the broth, peas, salt, pepper, and garlic powder and stir to combine. Raise heat to bring mixture to a boil.
3. Reduce heat and let cook over medium heat for 8-10 minutes. Remove from heat.
4. Stir in lemon juice. Use a hand blender to puree soup well, or blend the soup in batches using a blender.

5. Stir in chives and serve soup hot with a spoon of sour cream or Greek yogurt on top. To serve cold, let cool and chill in fridge.



Store leftover soup for up to 3 days in the fridge. To freeze, prepare the soup without the yogurt or chives and let cool. Transfer soup to food safe containers and freeze for up to 3 months. When ready to use, thaw in fridge overnight and heat to serving temperature (165°F/74°C or higher). Add chives and serve with sour cream or yogurt.