

## GREEN PEA SOUP WITH MINT

### *Ingredients:*

4 cups green peas, pods removed  
1 large onion, chopped  
6 garlic cloves  
4 Tbsp plain yogurt  
Salt  
Pepper  
Fresh mint leaves for garnish

**Tip: use more or less water to achieve the desired consistency for this recipe. Instead of mint, you can add parsley, dill or cilantro. Fresh chives also work well.**

### *Instructions:*

- Put peas in a medium size saucepan with 5 cups of water.
- Add onion, garlic and salt. Cover and simmer for about 10 to 15 minutes.
- Blend in a food processor until smooth. Reheat.
- Garnish with a little yogurt, pepper and mint. Serve with fresh baguette.

Serves 4

### **Good to know**

Soups are delicious, nutrient-dense, and filling food options. Big batches can be stored in the fridge for up to 5 days, and frozen for several months.

