

# PEA SOUP



## QUICK

Less than 15 mins start to finish

## HEALTHY

Peas are a brilliant source of plant-based protein and fibre

## FAMILY

Feeds 5 with spare...

## MEALS

I can never make enough of this soup. It always gets eaten.

## INGREDIENTS

- 1 kg frozen peas
- 2 tbs stock powder or stock cubes
- 2 onions
- 2 garlic cloves
- 1 tbs oil

## METHOD

- 1) Heat 1 tbs oil in a large saucepan
- 2) Dice onion and add to pan
- 3) Add minced garlic
- 4) Tidy up!
- 5) Then add frozen peas
- 6) Just cover the peas with boiling water and bring to the boil
- 7) Cover and simmer for 5 minutes
- 8) Add the stock
- 9) Blitz till desired consistency
- 10) Taste (add salt and pepper if necessary)
- 11) Serve and enjoy

### TOP TIP !

Make double and put half into the freezer so that it's even quicker next time



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)