

Pea Soup Recipe

By www.fantasticfridges.com



This is easy to make, is packed full of healthy vitamins and fibre and tastes great.

Ingredients:

- 1 Onion
- Half a clove of Garlic
- Small packet of Frozen Peas
- Vegetable stock cube
- Herbs to taste

Fry the chopped garlic and onion gently in oil until soft and translucent.

Make up the stock cube using 1 litre of boiling water

Put the stock, garlic, onion mix in a saucepan and add the peas (the more peas you add the thicker it gets)

Boil the peas until cooked – this doesn't take long, about 5-10 minutes

Now add herbs to give it more flavour – you can try mint or dill.

Use a blender to make your soup smooth, add more hot water if it's too thick.

Serve with a swirl of yoghurt or cream and some crusty bread.