

Simple Spring Pea Broth



RECIPE BY **CARLA HALL**

SERVES 4



Ingredients

2 tablespoons olive oil or ghee

1 small onion, thinly sliced

2 cups chicken or vegetable stock, preferably homemade or canned lower-sodium

Salt and white pepper, to taste

1½ cups frozen petite peas

2 tablespoons unsweetened coconut cream (optional)

2 tablespoons fresh parsley leaves

1/4 cup fresh mint leaves

1 teaspoon lemon zest

Step 1

In a medium saucepan, on medium heat, add the oil. Add the onions and cook, stirring occasionally, until tender and translucent. Add the stock and bring to a boil. Season with salt and pepper. Simmer for 15 minutes.

Step 2

Transfer the mixture to a blender, add the peas, parsley, mint, coconut cream (if using) and puree until very smooth. Strain through a fine-mesh sieve. Pour the soup into the saucepan and return it to the stove. Keep warm over low heat until ready to serve.