



Main Dish

EARTH DAY CREAMY GREEN PEA SOUP



PREP TIME

15 Minutes



COOK TIME

15 Minutes



SERVES

4

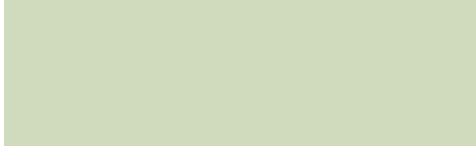
Ingredients

- 2 cups frozen green peas, thawed
- 2 tbsp olive oil
- 2 large shallots (about 3/4 cup), finely chopped
- 2 tbsp minced garlic (about 3 to 4 cloves)
- 1 tsp fresh thyme leaves
- 2 tsp kosher or sea salt
- 1 tsp freshly ground black pepper
- 4 cups low-sodium vegetable stock
- 1 can (14 oz/398 mL) full fat coconut milk (or 2 cups cream)
- 1 tbsp nutritional yeast (or Parmesan cheese)
- 3 tbsp EACH finely chopped fresh dill, parsley and mint
- 2 tbsp freshly squeezed lemon juice (about 1 lemon)
- 1/4 cup plain vegan yogurt or sour cream (or dairy)
- Croutons, optional



Method

1. Place peas in a bowl and cover with water to defrost them. Drain and set aside.
2. In a large stockpot or Dutch oven over medium heat, heat the olive oil. Add the shallot and garlic and saute for 3 minutes or until soft and fragrant. Add thyme, salt and pepper and saute 2 minutes longer.
3. Transfer this mixture to a high-powered blender and add the thawed peas, vegetable stock, coconut milk, nutritional yeast, 2 tbsp of the dill, parsley and mint, leaving the rest of the herbs for garnishing. Blend until very smooth. Pour back into the pot and set over medium heat. Just as it starts to bubble, turn the heat off and add the lemon juice.
4. Serve the soup with a swirl of plain yogurt or sour cream or top with croutons (if using) and



the remaining fresh herbs and freshly ground black pepper.