

Green Pea Soup

This comforting pea soup with mint is creamy, delicious, packed with nutrients and ready in no time. It makes a brilliant and inexpensive last-minute meal for the whole family.

Recipe makes **4 servings (about 1 ¼ cup each)**.



Prep Time	Cook Time	Total Time
5 mins	15 mins	20 mins

★★★★★
5 from 4 votes

Course: Soup Cuisine: vegan Keyword: Pea soup with mint Servings: 2 people

Calories: 193kcal Author: Katia

Ingredients

- 0.5 Tbsp olive oil
- 0.5 medium-sized onion, *sliced or diced*
- 0.5 (9oz/250 grams) medium potatoes, *diced*
- 1.25 cup (600 ml) low-sodium vegetable broth or water
- 2 cups (500 grams) frozen or fresh peas
- 5 *fresh mint leaves*
- salt & pepper, to taste

Garnish (optional)

- 1-1.5 tablespoon cooked peas (*reserve them before blending the soup*)
- 0.5 tablespoon pine nuts
- extra virgin olive oil, for drizzling

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion and saute' for about 5 minutes until soft and translucent.
2. Add the cubed potato, vegetable broth, bring to the boil, reduce the heat, cover with a lid and cook for 10 minutes or until the potato cubes are soft.
3. Add the peas and simmer for 4 minutes (no longer, or you will lose the fresh flavour and beautiful colour of the peas).
4. Turn off the heat, season with salt (I use almost a full teaspoon), pepper and fresh mint leaves. Let it cool slightly before blending.
5. If not using an immersion blender, carefully transfer the soup to a stand blender, working in batches if necessary. (Do not fill past the maximum fill line or the soup could overflow!). If the soup is too thick for you, you can add some broth or water to thin it out until you have a consistency you like.
6. Once the soup is blended, return it to the pot, taste again and make sure to adjust the seasoning as needed.
7. Serve with a drizzle of extra virgin olive oil, freshly ground black pepper, and some garnishing such as cooked peas or pine nuts if desired. Enjoy!

Notes

Frozen peas vs fresh peas: as mentioned the recipe works with either fresh or frozen peas, but the weight is referred to frozen which are heavier than fresh ones. Please use measuring cups if using fresh or canned peas.

Nutrition facts: *the nutrition values are for one serving and are based on an online nutrition calculator. It's an estimate only and it should not be considered as a substitute for a professional nutritionist's advice. Garnish is not included. Please see my **disclosure policies**.*

Nutrition

Calories: 193kcal | Carbohydrates: 32g | Protein: 8g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Sodium: 496mg | Potassium: 623mg | Fiber: 9g | Sugar: 9g | Vitamin A: 1064IU | Vitamin C: 65mg | Calcium: 51mg | Iron: 3mg

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