



Green Pea Soup

Serves: 3 ½ cups

Active time: 30 min

Total time: 30 min

Ingredients

2 cloves garlic, crushed, minced
2 medium onions, chopped
4 ½ cups water
4 cups frozen green peas
2 cups fresh spinach
½ teaspoon salt
1/16 tsp cayenne pepper (optional)
½ Tbsp mushroom seasoning (optional)



Directions

- Place medium saucepan over medium heat. Add the garlic and onion and saute (then add small amount of water) until tender, 3 to 4 minutes. Add the water and mushroom seasoning, and bring to boil. Add the peas and cook for 1 to 2 minutes. Add the spinach and cook for 2 to 3 minutes. Stir in the salt, spread, and cayenne. Blend the soup with a stick blender until smooth, or cool and carefully transfer to blender and puree on high for about 1 minute. Serve hot.

PER 1 CUP SERVING:

Calories: 183
Fat: 4.2 g
Carbohydrates: 29.1 g
Protein: 8.8 g
Dietary fiber: 9.6 g
Sodium: 522 mg