

Spring Pea Soup



Licking Memorial Hospital | Culinary Services

Spring Pea Soup (Serves 4)

Ingredients

- 1 Tbs extra-virgin olive oil
- 1 lb frozen peas
- 1/2 onion (chopped)
- 2 cloves garlic (minced)
- 2 cups fresh spinach
- 1 medium russet potato (peeled and cut into chunks)
- 1 qt vegetable broth
- 1 Tbs white wine or champagne vinegar
- 1 tsp sugar
- Salt and pepper (to taste)

Directions

Preheat a medium-size stock pot over medium-high heat. Add olive oil, onions, garlic, and spinach to the pot. Cook until spinach is wilted and garlic and onions are soft and translucent. Add vegetable broth and bring to a simmer. Add the potato chunks and cook until tender, about 15 minutes. Add peas and cook until tender, about 10 minutes. Carefully transfer to a blender and blend on low, then gradually increase speed until mixture is completely smooth. Return mixture back to the stock pot and simmer until desired thickness. Add vinegar and sugar. Season with salt and pepper. Ladle into 4 bowls.