SPRING PEA SOUP

BY RACHELE MCCLUSKEY
OF THE FOODWISE KITCHEN

GATHER THESE THINGS:

1 PACKAGE FROZEN PEAS
1 CUP SHELLED ENGLISH PEAS
1 MEDIUM YELLOW OR WALLA WALLA ONION
1/2 CUP FRESH DILL
3-4 CLOVES FRESH GARLIC
4-5 CUPS VEGGIE STOCK OR BROTH
2 TABLESPOONS COCONUT OIL FOR COOKING VEGGIES
JUICE FORM 1/2 MEYER LEMON AND FRESH ZEST
TOP WITH RAW ENGLISH SHELLING PEAS AND DRIZZLE WITH OLIVE OIL + FLAKE SALT TO GARNISH

DIRECTIONS:

1. MELT COCONUT OIL IN PAN, TOSS IN ROUGHLY CHOPPED ONION AND GARLIC.
2. SAUTEE THEN ADD FROZEN PEAS AND MOST OF THE SHELLED ENGLISH PEAS. JUST RESERVING ENOUGH FOR GARNISH
3. SAUTEE FOR ANOTHER COUPLE MINUTES UNTIL PEAS BECOME VIBRANT.
4. ADD VEGGIES TO BLENDER WITH FRESH DILL, LEMON AND VEGGIE STOCK TO PUREE INGREDIENTS TOGETHER.
5. NO NEED TO REHEAT IT'S DELICIOUS NOT BEING PIPING HOT.
6. GARNISH WITH OLIVE OIL, ZEST AND FRESH ENGLISH PEAS TO SERVE