



# TODAY'S MAIN INGREDIENT

## Fresh English Pea Soup

*Make this recipe only with fresh peas, not frozen or dried.*

*Time: 45 minutes to 1 hour*

### INGREDIENTS – Serves 4 as soup course

2 pounds fresh garden peas in a pod  
2 cups chopped onion  
1 medium leek, cleaned and chopped (about 1 1/4 cups)  
1 unpeeled carrot, chopped  
2 Tablespoons olive oil  
3 cups vegetable stock or water  
1 teaspoon salt  
1/4 teaspoon freshly ground black pepper

**STEP 1** – Wash the pea pods, then shell the peas. Reserve the pods.

**STEP 2** – Sauté the onions, leek and carrot in olive oil until wilted, about 5 minutes.

**STEP 3** – Sauté the onions, leek and carrot in olive oil until wilted, about 5 minutes.

**STEP 4** – Strain the stock, discard the solids, and return the liquid to the pot. Add the peas and simmer until they are tender, 3 to 5 minutes.

**STEP 5** – Remove the peas and puree them in a little of the stock. Return the puree to the stock and simmer for 1 minute.

**STEP 6** – Add salt and pepper. Serve piping hot, garnished with additional sautéed leeks, celery, carrots, or croutons.

*This soup is best served the same day.  
Refrigerate for 1 day if necessary.*