

Mint and Green Pea Soup (“Quinoa 365”, Patricia Green & Carolyn Hemming)

Traditionally pea soup has many versions across many cultures. This is a bright and simple blend of green peas and quinoa with a sweet touch of mint.

2 Tbsp butter or olive oil
¼ cup finely chopped onion
4 cups frozen sweet peas
2 cups chicken or veggie stock
1/3 cup quinoa flour
2 cups 2% milk
¼ cup chopped fresh mint
pinch sugar
salt and pepper to taste

Place the butter in a large saucepan over medium heat. Add the onion and sauté until opaque, about 4 minutes. Add the peas and stock to the saucepan and simmer for 20 minutes. Remove from the heat and puree the cooked mixture with a hand blender or cool slightly and puree in 2 batches in a blender or food processor.

In a medium bowl, whisk the quinoa flour with the milk. Return the pea soup to medium heat and add the quinoa and milk mixture. Add the fresh mint.

Bring the soup to a simmer and cook for about 5 minutes, stirring frequently. Season with sugar, salt and pepper and serve.