



Minty Green

Pea/mint soup

For 4

Ingredients:

- 500-700 g frozen peas
- 5-7 medium sized onions
- 1,5 l water
- 3 cubes of vegetable bouillon
- 1 bundle of fresh mint
- 2 tbsp. oil/butter
- Salt and pepper
- Optional: 1 dl / ½ cup of cream

How to:

- Boil 1,5 l water and add vegetable bouillon
- Chop onions and sauté them in a pot in oil/butter, until they are clear
- Add the bouillon
- Add the frozen peas and let the mixture simmer for 5 min.
- Pour the mixture into a blender or a food processor and blend until it has the desired texture
- Add fresh mint, maybe cream, salt and pepper and blend the soup one last time.

Serving suggestions:

Serve with grated cucumber, spinach and fresh mint on top and a piece of freshly baked bread on the side.

Tips:

The soup can also be enjoyed cold on a hot summer day

Meat and fish variations:

- Cut bacon into cubes and put in the oven for 15 min. at 200°C/400°F and sprinkle into the soup
- Fry small pieces of chicken in a pan with salt and pepper and add it to the soup
- If the soup is cold, cold shrimps can be added

Recipe from the Danish cookbook *Flow Food*
by Tora Zophia Silverhøj (former Susana Mei Silverhøj)
Get it here: [Flow Food - nem økomad på budget](#)

