



Quick Sweet Pea Soup

Jacob · 29/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

Homemade pea soup is less than 30 minutes away with canned sweet peas bagged spinach and chicken broth as time savers Blending early in the preparation so the soup purees all at once in only one batch keeps it simple too

Ingredients

- - 2 tablespoons butter or vegetable oil - 1 cup chopped onion - 2 (15 ounce) cans Del Monte® Sweet Peas
- drained - 2 cups baby spinach - 4 teaspoons fresh lemon juice - 4 teaspoons fresh thyme - 3 ½ cups chicken broth
- divided - ¼ cup heavy cream
- sour cream
- or plain Greek yogurt (Optional) - 1 tablespoon Garlic croutons

Instructions

1. Melt butter in a medium saucepan over medium-low heat. Cook onion about 10 minutes or until lightly browned and soft
2. stirring frequently. Blend onion
3. peas
4. spinach
5. lemon juice
6. thyme and 2 cups chicken broth in a blender or food processor until very smooth. Return to same saucepan. Stir in remaining broth. Gently heat about 5 minutes
7. stirring occasionally. Stir in cream
8. if desired. Heat over low heat about 1 minute. DO NOT BOIL. Garnish with garlic croutons
9. if desired. VARIATIONS: Prepare recipe as directed
10. except: For Minted Sweet Pea Soup
11. use 1/2 cup fresh mint leaves instead of thyme in Step 2. For Tuscan Pea Soup
12. add 1/2 cup fresh basil instead of thyme in Step 2. Garnish with Parmesan cheese with garlic croutons in Step 3.