

## Spring Pea Soup

**Prep time:** 5-10 minutes

**Cook time:** 10 minutes

**Total time:** 15-20 minutes

**Serves:** 6

### Ingredients

- 1-2 tablespoons avocado oil
- 2-3 leeks, sliced thin (approximately 1 cup)
- 2 (10-ounce) bags of frozen peas
- 1 quart low sodium vegetable broth
- 2 tablespoons chopped fresh tarragon or basil
- 2 tablespoons chopped fresh mint
- Zest of 1 lemon
- 2 tablespoons lemon juice
- 1 teaspoon sea salt
- Black pepper to taste

### Preparation

1. Heat the oil in a medium pot over medium heat.
2. Add leeks and sauté for about 3-4 minutes, stirring occasionally until softened.
3. Add the peas and vegetable broth. Bring mixture to a simmer and cook for 3-4 minutes to allow the soup to warm up.
4. Remove from the heat and carefully transfer the soup into a blender along with the tarragon, mint, lemon zest, lemon juice, salt and pepper. You may need to split soup into two batches to puree it safely.
5. Adjust seasoning with additional salt, pepper, lemon, and/or herbs, as desired.
6. Serve immediately or transfer back to the pot to keep warm.

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