Spring Pea Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

Soup:

3 – 4 C water

2C fresh spring peas

½ C cilantro

½ C mint

½ - 1 jalapeno – seeds and ribs removed

2 T extra virgin olive oil

Salt

Pepper

** 1-2 T cooking water from peas

** 1 -2 T tempeh

Instructions

Boil water and add peas. Simmer for approximately 5 minutes until peas are bright green and

fragerant. Remove from water with a slotted spoon and place in work bowl of food processor. Add cilantro, mint, jalapeno, 1 T olive oil, pinch salt and pinch pepper.

Puree until smooth – around 2 minutes. Check consistency and seasoning. If the soup needs thining, add the cooking water 1T at a time while processor is running. Also, stream in remaining oil. For a creamier consistency, add tempeh to the pure and run for another minute.

Serve immediately with garnish of mint and cilantro sprigs.