



## Pea and Mint Soup with Carrot Purée

Recipe By JOHN GIFALDI

SERVES: 6-8

### INGREDIENTS:

- ☐ 1 tbsp extra virgin olive oil
- ☐ 1 stalk celery, chopped
- ☐ 1 medium onion, chopped
- ☐ ½ clove garlic, chopped
- ☐ 1 (32 oz) box of Laura Lynn vegetable broth
- ☐ 1 (14 oz) frozen peas
- ☐ 1 small bunch of fresh mint
- ☐ salt and freshly ground black pepper

### DIRECTIONS:

- ☐ 1. Place a large pan on high heat with extra virgin olive oil. Add the celery, onion and garlic; sauté for about 5 minutes, stirring occasionally with a wooden spoon.
- ☐ 2. Add the broth and peas to the vegetables.
- ☐ 3. Stir and bring to the boil.
- ☐ 4. Reduce the heat, put the lid on and simmer for about 10 minutes.
- ☐ 5. When the peas have softened, remove the pan from heat, season with salt and pepper, and add the mint leaves.
- ☐ 6. Using a blender pulse the spring pea and mint soup until smooth.
- ☐ 7. Serve hot or cold. Garnish with a sprig of fresh mint and a swirl of carrot purée.

### CARROT PURÉE:

- ☐ 1 lb carrots
- ☐ ¾ cup water
- ☐ 4 tbsp unsalted butter
- ☐ 1 tsp sea salt
- ☐ 2 tbsp lemon juice

### DIRECTIONS:

- ☐ 1. Slice the carrots about ¼-inch thick.
- ☐ 2. In a medium saucepan, place carrots, water, butter, and salt. Cook over high heat just until it starts to boil. Reduce the heat to low, cover, and continue to cook until the carrots are soft enough to mash with a fork.
- ☐ 3. Transfer the carrots, ½ cup of the cooking water, and 1 tbsp of lemon juice to a blender.
- ☐ 4. Blend until smooth. You may need to add more cooking water. Taste and season with more salt and lemon juice, if desired.
- ☐ 5. Strain into a squeeze bottle.

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