

Pea Soup

Total: 35 min. Active: 35 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 287. Total Fat: 9g. Carbs: 38g. Protein: 17g.

Ingredients

- 1 tbsp unsalted butter
- 1 tbsp extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 1 tsp chopped fresh thyme
- 6 cups peas
- 1/2 cup water
- 4 cups reduced-sodium chicken broth
- 1/2 cup half-and-half (optional)
- Salt and ground black pepper

Directions

Heat butter and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme; cook, stirring, until fragrant, about 10 seconds.

Stir in peas. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 25 minutes.

Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.

