

• INGEBRETSEN'S FAMILY RECIPES •

# SPRING PEA SOUP

## WITH FRESH HERBS

SERVES 4 - 6

### INGREDIENTS -

3 MEDIUM YELLOW ONIONS, FINELY CHOPPED  
3 CLOVES OF GARLIC, FINELY CHOPPED  
4 GREEN ONIONS, FINELY CHOPPED  
2 CUPS OF LETTUCE - ANY VARIETY, CHOPPED  
¼ CUP OF FRESH HERBS - MINT OR A MIXTURE OF MINT AND LEMON BALM -  
FINELY CHOPPED  
1 TEASPOON GROUND GINGER  
6 CUPS OF WATER  
1 ½ CUPS OF DRIED SPLIT GREEN PEAS  
1 TEASPOON SALT  
1 10-OUNCE PACKAGE OF FROZEN GREEN PEAS  
2 CUPS OF MILK OR HALF AND HALF  
¼ CUP OF GRATED CHEESE OF YOUR CHOICE

### DIRECTIONS -

SAUTE THE YELLOW ONIONS UNTIL SOFT. ADD THE GARLIC AND GREEN ONIONS. STIR, THEN ADD IN LETTUCE, HERBS, AND GINGER, MIXING GENTLY. COVER AND LET COOK FOR 5 MINUTES.

ADD THE WATER, SPLIT PEAS, AND SALT. BRING TO A BOIL, THEN REDUCE HEAT. COVER AND LET SIMMER FOR 30 MINUTES. ADD THE FROZEN PEAS AND SIMMER UNTIL EVERYTHING IS TENDER.

USE AN IMMERSION BLENDER AND PUREE. ADD THE MILK. ADJUST SEASONINGS. BRING THE SOUP UP TO TEMPERATURE AND SERVE. FOR COLD SOUP, PUT IT IN A COVERED BOWL AND CHILL IN THE REFRIGERATOR. ADD MILK OR HALF AND HALF BEFORE SERVING IF IT IS TOO THICK.

GARNISH WITH GRATED CHEESE.

*Vær så god!*