

GREEN PEA SOUP

Ingredients:

1 red onion
5 cloves garlic, peeled & chopped
2 bags frozen green peas
Sea salt and pepper to taste

Directions:

1. In a saucepan, add the onions and garlic and $\frac{1}{4}$ cup of water and cook until soft.
2. Then add the frozen peas. Add another cup of water to cook the peas.
3. Cook until all the peas are soft. Then use a hand blender to blend into soup.