

Green Pea and Vegetable Soup



A fridge-clearing soup perfect for loading up on green vegetables! With the arrival of autumn, what could be more comforting? Feel free to vary the vegetables and add whatever you have on hand (kale, Swiss chard, celery, etc.) Enjoy!

Preparation 15 min

Cooking 30 min

Servings 4

Nutrition Facts (per serving)

Calories 125

Fat 4

Carbohydrates 15

Fibre 5

Protein 6

Sodium 475

Ingredients

- 1 large onion, finely chopped
- 15 ml (1 tbsp) vegetable oil
- 750 ml (3 cups) chopped broccoli
- 500 ml (2 cups) chopped spinach
- 250 ml (1 cup) frozen green peas
- 1 medium zucchini, diced

- Salt and pepper to taste

Preparation

1. In a large pot, sauté the onion in oil over medium heat until softened. Add the vegetables and sauté for 5 minutes.
2. Pour the reduced-sodium chicken broth into the pot and increase the heat to medium-high. Let simmer for 20 minutes.
3. Puree the soup until smooth using an immersion blender. Adjust the seasoning if needed.
4. Serve the soup in bowls. Garnish with pumpkin seeds and hemp seeds if desired.

Notes

Can be kept in the refrigerator for 5 days. Freezes for up to 3 months.



Sophia Guillot – Nutritionniste Diététiste à Lévis | Coordinatrice marketing, contenu et rayonnement
Registered Dietitian Nutritionist in Quebec City