

Cool Pea and Avocado Soup

Makes 8 servings

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium sweet onion, diced
- 4 cups low-sodium vegetable broth
- 1 10-ounce bag frozen sweet peas or
1 ¼ cups fresh shelled peas
- 2 cups fresh baby spinach
- ¼ cup fresh mint leaves
- ¼ cup fresh basil leaves
- 1 large avocado, diced
- ½ cup lemon juice
- ½ teaspoon ground white pepper

Directions

1. Heat oil in large pan over medium-high heat. Add onion and sauté for 4 to 6 minutes.
2. Add the broth and bring to a boil over high heat (about 7 to 10 minutes). Add the peas and cook until just tender, about another 4 to 6 minutes.
3. Remove pan from heat. Stir in spinach, mint and basil. Allow to cool for 10 to 15 minutes.
4. Stir in avocado, lemon juice and white pepper. Using a submersion blender, blend until smooth.
5. Chill in refrigerator until cold, about 4 hours.



SIDE DISH



TIP

If you do not have a submersion blender, blend the soup in a blender or food processor in batches.



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Nutrition Facts

Serving Size 1 cup soup (255g)
Servings Per Container 8

Amount Per Serving		Calories from Fat 60	
		% Daily Value*	
Calories	130		
Total Fat	7g	11%	
Saturated Fat	1g	5%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	85mg	4%	
Total Carbohydrate	13g	4%	
Dietary Fiber	5g	20%	
Sugars	5g		
Protein	3g		
Vitamin A	25%	Vitamin C	25%
Calcium	4%	Iron	10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
<small>Calories: 2,000 2,500</small>			
Total Fat	Less than 65g	65g	80g
Saturated Fat	Less than 20g	20g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	300g	375g	375g
Dietary Fiber	25g	30g	30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>			

Carb choices per serving: 1