

Pea and Zucchini Soup

Ingredients

1 onion finely diced
4 cloves garlic minced
2 potatoes diced small
1 leek washed well and cut small
5 medium zucchini diced small
1½ cups fresh shelled or frozen peas
2 handfuls of greens (kale, collards, silverbeet)
1 cup sprouted mung beans
20g dill
2 tsp herb salt
½ to 1 tsp salt
1 tsp cracked pepper (optional)
½ cup soaked cashews

Method

1. Place the onion, garlic, leek and herb salt in a saucepan with 1 cup filtered water. Cook for 5 minutes then add the potatoes and cook for a further 3 minutes.
2. Add 3 to 4 more cups of filtered water and the peas, zucchini, sprouted mung beans and greens. Cook on low for 5 to 8 minutes or until the veggies are soft.
3. Add the dill and cook for a further 2 minutes. Let the soup cool a little.
4. Blend half of the soup and cashews until smooth. Add this back to the saucepan.
5. Add more water if the soup is too thick for your taste. Season with salt and pepper.



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