



# Pea Soup

## by Origin Farm

serves 4

**Origin Community Farm** is located in Ballymoney, Co. Antrim and is a space for people from the surrounding community to come together to grow vegetables, learn about keeping animals and to create a biodiverse, sustainable environment.

Origin's founder, Kenny, shares, "We're excited to be part of Christian Aid Week this year and able to use all of our best ingredients to come up with a wonderful, fresh healthy recipe. The main thing that we do is grow vegetables as a cooperative together, so it works well that we're taking part by submitting our very own pea soup recipe."



## Ingredients

800g peas (fresh or frozen)  
1 leek  
1 medium-sized potato  
2 medium onions  
6 garlic cloves

30g chopped mint leaves  
Pinch of salt  
1 litre vegetable stock  
Olive oil  
Serve with freshly baked crusty bread.

Optional Toppings:

- crushed nuts
- crème fraîche
- balsamic vinegar



## Pea Soup Instructions

1



Sauté the roughly chopped onions in the pan with the olive oil.

2



Add the chopped garlic, mint leaves and chopped leek to the pan.

3



Add the chopped potato and stock. Bring to the boil then simmer for 15 mins, before adding the peas - cook for a further 10 mins.

4



When the potatoes are cooked, allow to cool for 5 mins, then use a stick blender to blend the ingredients.

5



Blend until you achieve a smooth texture. Add salt and pepper to taste at this point.

6



Serve the soup with crusty bread and top with mint leaves, crushed nuts, or cream. Another great addition is a drizzle of balsamic vinegar.