

**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

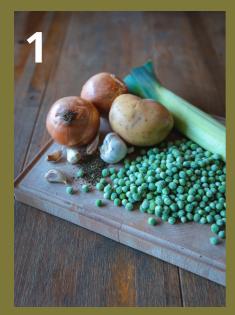
Olive oil

Serve with freshly baked crusty bread.

**Optional Toppings:** 

- crushed nuts
- crème fraîche
- balsamic vinegar





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



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



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.



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



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



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