

# JANINE'S PEA SOUP



## QUICK

Less than 15 mins start to finish

## HEALTHY

Peas are a brilliant source of plant-based protein and fibre

## FAMILY

Feeds 5 with spare...

## MEALS

I can never make enough of this soup. It always gets eaten.

## INGREDIENTS

- 10 kg petits pois
- 4 Kallo stock cubes (if using different stock cubes – add 2 then add more to taste)
- 4 tbs Alpro single soya

## METHOD

1. Put frozen peas in a saucepan
2. Just cover with cold water
3. Add 4 Kallo stock cubes
4. Cover and bring to the boil
5. Simmer for 5 minutes
6. Add 4 tbs alpro soy single
7. And blend
8. Taste (add salt and pepper if necessary)
9. Serve and enjoy

## TOP TIP !

Make double and put half into the freezer so that it's even quicker next time



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)