

## Recipe

### Pea and Broccoli Soup

## By

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## Ingredients

- 1 stalk of celery, diced
- 2 C potatoes, peeled and diced
- 300g broccoli florets
- 2 C peas
- 1 bay leaf
- 5 C vegetable stock/water
- 2 Tbsp chopped fresh parsley
- 1¼ Tsp salt
- ½ Tsp ground black pepper

## Preparation

1. Combine all the ingredients in a saucepan except the salt and pepper. Bring to the boil; simmer until the vegetables are tender. Or alternately, you can pressure cook the vegetables.
2. Discard the bay leaf. Puree the soup in a blender until smooth.
3. Return the soup back to the saucepan. Add the parsley, salt and pepper. Reheat gently. Serve this nutritious soup piping hot for chilly winter evenings.

## Serves

4-6

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