



Adventure Ingredients: Coconut Oil, Bone Broth

Fresh Garden “Peas in a Pod” Soup

Creamy and refreshing – welcome to the farmers’ fields

- 2 lbs. fresh peas in pods, washed
- 4 cups chicken bone broth or vegetable broth
- 1 cup water
- 1 Tablespoon coconut oil
- 1/2 cup chopped celery
- 1 cup chopped onion
- 1 (14 oz.) can lite coconut milk
- 4 cups fresh baby spinach
- 1 Tablespoon fresh lime juice
- 1/2 Tablespoon minced mint leaves
- 1 ripe avocado, seeded, cut into chunks

Spicy Onion/Ham Topping

1/2 Tablespoon coconut oil
1 small onion, peeled, diced
1-ounce deli honey ham, diced
1 teaspoon spicy taco seasoning

Garnish: Shaved Parmesan cheese or coconut chips, cut chive stems, fresh peas

Prepare Pea Pod Broth: Remove the peas from the pods; set aside. Place the pods in a large soup pot. Add broth and water; bring to a boil; cover; reduce heat to medium low; cook for 25 minutes. Remove and discard pods; reduce broth to 4 cups; set aside.

Cook Pea Soup: Melt coconut oil in large soup pot; add celery and onions; cook; stir until vegetables are tender, about 5 minutes. Add the reserved pea pod broth and reserved fresh peas; bring to a boil; reduce heat; cook uncovered for 6 to 8 minutes or peas are tender. Remove from heat; stir in spinach, lime juice and fresh mint; stir to soften spinach. Cool until warm.

To Thicken Pea Soup: Place in food processor or blender; process until mixture is smooth; add avocado; process until soup is smooth and thickens.

Optional Spicy Onion/Ham Topping: Melt 1/2 Tablespoon coconut oil in small skillet; add diced onion, ham, and taco seasoning; Cook over medium heat until onions are golden brown; set aside.

To Serve: Serve at room temperature; garnish the top of soup bowl with a small amount of spicy onion/ham topping, shaved Parmesan cheese a few cut chive stems, and fresh peas. Yield: About 6 cups Serves 4

Cook's Note: To make the soup vegetarian, use vegetable broth and do not add ham to the spicy topping.

About the Recipe: This healthy soup is a perfect party starter for an elegant dinner party. Prepare it ahead of time; serve it at room temperature, chilled, or warm. It looks so elegant, garnished with simple shaved cheese, bits of spicy topping, chives, and a few fresh peas. So "Go Green" for summer.