

Pea Soup with Cumin or garlic flavor

(Recipe By Radha Sukhani)

Ingredients: serves 3-4

- One pound shelled green peas or frozen peas thawed
- Four to 5 cloves of finely chopped garlic or one teaspoon cumin seeds
- One tablespoon ghee or butter or sesame oil.
- Four cups of water
- Half cup spinach leaves washed and chopped coarsely
- One inch piece of ginger coarsely chopped
- Green chili cut fine to taste
- One tablespoon lemon juice or juice of one lemon.

Garnish

- Few boiled green peas
- Mint leaves
- Black pepper powder

Preparation

- Heat the ghee or butter or sesame oil.
- Put garlic pieces or cumin seeds based on preference.
- Gently fry on slow flame until brown.
- Add the green peas stir for 2-3 minutes and add the 4 cups of water.
- Bring the peas to a boil. Do not cover the lid or peas will change the color
- When peas become soft (nt mushi), take out a quarter of the cup of peas with a slotted spoon for garnish
- Add half cup spinach and cook for 2-3 minutes until spinach wilts.
- Turn off the fire and let the mixture cool.
- Blend the entire mixture in a blender until creamy smooth.
- Return to pain and wait until ready to serve.
- When ready to serve heat, the soup, put salt and lemon juice.
- Pour into serving bowls and put the garnish on the top.