



# Recipe

## Easy Peasy Soup

### Ingredients

- 1 Onion diced
- 1 tbsp. Vegetable oil
- 350g Frozen Peas
- 1ltr Vegetable Stock
- ½ pint semi-skimmed milk

### Step 1

Heat the oil in a large saucepan, add the onion and cook for 5 mins to soften

### Step 2

Add the frozen peas and the vegetable stock. Bring to the boil, simmer for 15 minutes

### Step 3

Add the milk, and then using a stick blender whizz until smooth  
Season with black pepper