

# Frozen Pea Soup

Prep: 5 minutes • Cook: 20 minutes

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*A silky, vibrant-green pea soup with sweet, fresh pea flavor, fragrant thyme, and creamy body from potato—entirely dairy-free and delicious served hot or chilled.*

## Ingredients

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- 2 tablespoons extra-virgin olive oil
- 1 yellow onion (diced (about 1½ cups))
- 3 cloves garlic (minced)
- 1 teaspoon dried thyme (or 1 tablespoon fresh thyme)
- 1/2 teaspoon fine sea salt
- 6 cups vegetable broth
- 1½ cups potato (grated)
- 2 lbs (7 cups) frozen peas
- 4 cups baby spinach (optional)
- to taste black pepper

## Instructions

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1. Warm the olive oil in a large pot over medium-high heat.
2. Add the diced onion and sauté until translucent, about 3 minutes.
3. Stir in the minced garlic, dried thyme, and fine sea salt; cook, stirring constantly, until fragrant, about 1 minute.
4. Pour in the vegetable broth and stir in the grated potato. Cover with the lid slightly ajar and bring to a boil.
5. Boil until the potato is soft, about 10 minutes.
6. Add the frozen peas and cook until bright green and heated through, 2 to 3 minutes; remove from heat.
7. Stir in the baby spinach (if using) until wilted.
8. Blend the soup until smooth using an immersion blender, or carefully in batches in a countertop blender.
9. Season with black pepper and additional salt to taste. Garnish as desired and serve hot or chilled.

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**Tags: Vegan, Gluten Free, Soup, Dairy Free, 30 Minutes, Healthy**

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