

Chilled Parsley and Pea Soup

This is a fabulous soup for late spring/early summer when parsley and peas are at their absolute freshest. It comes together in a flash, and if puréed with an immersion blender right in the pot, takes minimal cleanup time. This allows more time for heading to things other than cooking.

The parsley has top billing in this soup so buy or harvest two small or one very large bunch of parsley.

Ingredients

- 2-3 Tablespoons coconut oil (or ghee)
- 2 medium (about 13 ounces) onions
- 4 cloves garlic
- a couple of pinches of sea salt
- 1 pound shelled peas (frozen is fine)
- 2 cups flat leaf (Italian) parsley, leaves only
- 3-4 cups (about 8 ounces) vegetable broth (depending on how fluid you like it)
- zest of 1 lemon
- 1 Tablespoon lemon juice
- 1 Tablespoon cold-pressed olive oil

Method

Roughly chop onions and mince garlic.

In a large stockpot, heat coconut oil or ghee. When melted, add onions and a couple pinches of salt, stir to coat, cook for 5-10 minutes until onions have browned. Add garlic, stir to coat, cook three minutes.

Add 3 cups hot vegetable broth (reserving 1 cup for blending), add peas, bring to a simmer and turn off the heat. Add parsley and fold in to wilt leaves. When the parsley has wilted, transfer the soup to a blender and blend on high until smooth or blend right in the soup pot with an immersion blender. Blend on high until smooth, adding extra broth if desired. Add lemon zest, juice and olive oil and blend again. Season to taste.

Serve as is or let it cool slightly, then place in the refrigerator until fully chilled. It keeps for 3-4 days in the refrigerator.

Notes



Parsley is loaded with vitamins A (the plant-based beta-carotene form), a B vitamin called folate, C and K and the minerals iron and potassium. Beta-Carotene and C have antioxidant activity against all common inflammatory conditions such as arthritis, asthma, atherosclerosis, diabetes and some cancers (thanks to a flavonoid called apigenin which was found in 2015 review to decrease tumor size in an aggressive form of breast cancer). Folate (the word “folate” comes from the same Latin root as “foliage,” which means leafy) helps to bring down homocysteine, an amino acid that, if high in the blood, brings on damage to blood vessels, making a person more susceptible to heart attack and stroke.

Parsley, along with dandelion leaves, is a natural diuretic, helping us eliminate excess fluid by promoting urination. These herbs do this without depleting potassium from the blood, unlike the prescription diuretic hydrochlorthiazide.

Source: [https://www.mynewroots.org/site/2013/07/chilled-parsley-and-pea-soup/ \(4 servings\)](https://www.mynewroots.org/site/2013/07/chilled-parsley-and-pea-soup/(4servings))