

GET LOCAL

SPRING PEA & PEAR SOUP

provided by Good Earth Market Deli

We have one regular to the deli lunch crowd that adores this soup. Last spring we served this soup on Wednesdays. He came in one day and said "It's not even Wednesday anymore, it's Spring Pea & Pear day!" We are now serving it on Fridays, so make Friday your day to try it's delicate subtle flavor!

INGREDIENTS:

- 3 TBL olive oil
- 1 large potato, peeled and cut into 1-inch pieces
- 1 large ripe (still firm) pear, peeled, cored and cut into 1-inch pieces
- 1 large onion, chopped
- 4 cups vegetable or chicken broth
- 1 tsp fresh or 1/2 tsp dried thyme leaves
- 2 cups fresh shelled peas or 1 package (10 oz) frozen organic peas
- 1 cup chopped fresh watercress, arugula, Swiss chard or sorrel
- 1 tsp salt
- Fresh ground pepper
- 1 tsp lemon zest

METHOD

1. In 4-qt pot, heat oil. Add potato pieces, pear pieces and chopped onion and cook covered over low heat, stirring often until potatoes are tender, about 15 minutes.
2. Add broth and thyme. Bring to a boil. Reduce heat to low; cover and simmer for 10 minutes
3. Add peas and watercress. Bring to a boil. Reduce heat and simmer for 3 minutes. Add salt, pepper and lemon zest.
4. Puree soup in food processor or blender. Serve soup hot or cold.



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