

Garden Chef Chilled Pea and Basil Soup

2 T extra virgin olive oil

1 large sweet onion, peeled and finely diced (about 1 cup)

4 cups frozen peas

1 quart organic vegetable stock

12 fresh(large) basil leaves

sea salt to taste

freshly ground black pepper

¼ cup plain kefir drizzled for garnish

Heat the olive oil in a large skillet over medium heat. Add the onion and cook for about 5 minutes until soft. Add the peas and vegetable stock and bring to a boil then lower the heat and simmer for 5 minutes. Remove from the heat and let cool. Set mixture in ice bath for faster cooling. Place cooled liquid into blender and blend until smooth. Add basil leaves, sea salt and fresh cracked pepper to taste and blend again. Cool in the refrigerator for at least 2 hours. Serve garnished with a drizzle of plain kefir and fresh basil.

Adapted recipe by Garden Chef Megan McCarthy

This recipe was adapted from *My Father's Daughter: Delicious, Easy Recipes Celebrating Family & Togetherness* by Gwyneth Paltrow. Copyright (C) by Gwyneth Paltrow.



ATLANTA BOTANICAL GARDEN