

SPLIT PEA & GREEN PEA SOUP

2 teaspoons coconut oil
6 scallions, thinly sliced
3 cloves garlic, minced
1 ¼ cups split peas
1 cup shredded romaine lettuce
1/3 cup fresh mint leaves
¾ tsp. salt
¼ tsp. dried marjoram
1 ½ cups frozen green peas (can use fresh peas, when in season)
12 oz. coconut milk

In a large saucepan, heat the oil over moderate heat. Add the scallions and garlic, and sauté for 2 minutes or until the scallions are tender. Add 3 cups water, the split peas, lettuce, mint, salt and marjoram; bring to a boil. Reduce to a simmer, cover and cook for 25 minutes. Stir in the green peas and cook for 5 minutes or until the split peas are tender.

Transfer the mixture to a food processor, add the coconut milk and puree. (With a little more time you can use a stick blender.) Return the soup to the pan and cook for 3 minutes or until heated through.

Serves 4