

CREAM OF PEA SOUP WITH MINT, SCALLIONS, & SHARP CHEDDAR

Instant Pot (IP) and Stove Top Versions

serves 4

The IP version of this soup is thinner than its stovetop sister (typical of IP soups), though it thickens a bit when the cheese is added later or if it rests overnight in the fridge. If you'd like a thicker IP soup right off the bat, stir in a peeled, diced, medium russet potato with the peas. While this recipe is naturally gluten-free (*check labels of ingredients to be sure*), I include a vegan option in the notes.

- 1 tablespoon each butter and olive oil
- 1 onion, chopped
- 2 stalks celery, chopped
- 1 carrot, chopped (no need to peel)
- 1 garlic clove, minced
- 1/4 cup chopped fresh mint
- 1/2 cup chopped fresh parsley
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- Pinch crushed red pepper
- 1/2 cup dry white wine
- 2-3 cups fresh, frozen, or leftover cooked green peas
- 4 cups (32 ounces) chicken or vegetable broth
- 1/2 cup heavy cream, half and half or a vegan milk of choice
- 1-2 drops Hot sauce or to taste
- 2 tablespoons minced scallions (white and green parts)--garnish
- 1/4 cup grated very sharp Cheddar cheese--garnish

STOVE TOP VERSION:

1. Preheat oven to 200 degrees Fahrenheit.
2. Heat the butter and oil over medium heat in a heavy six-quart pot. Add onion, celery, carrot, and garlic. Cover and cook 10 minutes or until tender, stirring regularly, and then add mint, parsley, salt, pepper, red pepper, and 2 cups of the peas. Heat through; pour in wine. Let cook down until wine has been absorbed and then pour in broth.
3. Put ovenproof bowls on a half sheet pan and place pan in oven for bowls to warm.
4. Bring soup to a boil, reduce heat, cover again, and cook until all vegetables are tender. Stir in cream or half and half. Season with hot sauce. Heat through without boiling.

5. Purée briefly in pot using an immersion blender or carefully in batches in food processor or blender. Taste and adjust seasonings. Add more broth or water if soup is too thick. If too thin, add more peas and purée a bit more if desired. Serve hot in warmed bowls garnished with a little of the minced scallions and cheddar cheese.

INSTANT POT VERSION (IP):

1. Preheat oven to 200 degrees F and place bowls in oven to warm.

2. Press **SAUTÉ** feature on IP and adjust to **NORMAL**. Add oil, heat for 10-20 seconds, and tip in onion, celery, carrot. Stir in mint, parsley, salt, pepper, and crushed red pepper. Cook, stirring, for 4 minutes and stir in garlic; cook for another minute. Pour in wine and cook until reduced somewhat. Press **CANCEL/WARM**.

3. Add remainder of ingredients peas and broth; stir. Secure lid and close the **PRESSURE-RELEASE VALVE**. Select **MANUAL** and set for 5 minutes pressure cooking.

4. When pressure cooking is completed, use manual/quick release to depressurize. After steam has released, open lid.

5. Purée using a hand-held immersion blender or carefully in batches in the food processor or blender (hold towel down tightly over lid).

6. Stir in cream and hot sauce. Press **Cancel/Warm**. Taste and adjust seasonings. Serve hot garnished with scallions and cheddar.

For Vegan version, use all olive oil (skip butter), replace chicken broth with vegetable broth, replace half and half with almond or coconut milk, and use toasted bread crumbs or croutons in place of the cheese for garnish.