

Tiny Tummies



Spring Pea Soup

Serves 4

1 leek (or 1 small onion)
2 teaspoons olive oil
3 cups chicken broth
1 large russet potato, peeled and cubed (about 2 cups)
2½ cups fresh or frozen peas
2 teaspoons lemon juice
salt and pepper to taste
2 tablespoons sour cream
1 tablespoon minced fresh chives

1. Cut off the root end of the leek. Cut off all but one inch of the green end and discard the root and green ends. Slice the leek in half lengthwise and rinse it under running water to remove any dirt between the layers. Slice the leek thinly crosswise.
2. In a large saucepan, heat the olive oil over low to medium heat. Add the leek and sauté until it softens, about 8 minutes.
3. Add the chicken broth and cubed potato. Bring to a boil, then reduce the heat and simmer for 10 minutes. Add the peas, cover and simmer until the potatoes and peas are tender, 5 to 10 more minutes.
4. Blend the soup, in several batches, in a blender or food processor until smooth. Return soup to the saucepan, add the lemon juice and salt and pepper to taste, and reheat.
5. Serve the soup in bowls garnished with a spoonful of sour cream and a sprinkle of chives.