



# French Cuisine

MADE SIMPLE

## French Sweet Pea Soup

 5 people

 10 mins prep time

 30 mins total time

 Easy

### INGREDIENTS

- 1 chopped **onion**
- 3 medium **sweet potatoes** (4 cups)  
peeled and cut in cubes
- 3 cups of **frozen peas**
- 1 liter of your preferred **stock/bouillon**
- 1/8 tsp **nutmeg**
- 200 mL of **cream**
- **salt and pepper**



## DIRECTIONS

1. Sauté the onions in a large pot for 5 minutes.
2. Add the rest of the ingredients Except the cream.
3. Simmer for 20 minutes until completely cooked, or cook for 10 minutes in the Instant Pot.
4. When cooked, add the cream.
5. Using an immersion blender, mix the soup to a purée. If desiring a thinner consistency, add more broth and mix again.
6. Re-season as necessary.
7. Serve in bowls, and swirl some cream on top with a pinch of nutmeg.
8. This soup refrigerates well for 4-5 days or it can be stored in the freezer for up to 3 months.

*Bon Appetit!*  
*Emilie Anne* 

