

Italian Pea and Basil Soup

Ingredients:

- 3 tbsp extra virgin olive oil
- 2 onions, large, chopped
- 1 celery stock, chopped
- 1 carrot, chopped
- 1 garlic clove, minced
- 3 ½ cup frozen petit peas
- 3 ¾ cups low sodium vegetable stock
- 1 cup basil, fresh and roughly chopped



Nutrition Facts			
Serving Size 1 1/2 cup (340g)			
Servings Per Container 5			
Amount Per Serving			
Calories 180	Calories from Fat 70		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 360mg			15%
Total Carbohydrate 21g			7%
Dietary Fiber 6g			24%
Sugars 7g			
Protein 5g			
Vitamins and Minerals			
Vitamin A 60%		Vitamin C 20%	
Calcium 4%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



Directions:

1. Heat oil in large saucepan and add onion, celery, carrot and garlic.
2. Cover pan and cook over a low heat for 45 minutes or until the vegetables are soft. Stir occasionally to prevent the vegetables from sticking to the base of the pan.
3. Add peas and stock to pan and bring to a boil. Reduce heat, add ¾ basil, salt & pepper and simmer for 10 minutes.
4. Process the soup in food processor or blender for a few minutes until the texture is smooth. Transfer to bowls. Garnish with basil.