

This versatile soup can be served warm or chilled, depending on the season.



Healthy Choices category:  
**GREEN**  
(Best choices)

Ingredients	10 serves	15 serves	25 serves
Olive oil	20mL	30mL	50mL
Onion, brown, finely chopped	1 large	2 medium	3 medium
Garlic, finely chopped	5 cloves	8 cloves	13 cloves
Potato, peeled, cut into 2cm chunks	1 medium	1 ½ medium	2 ½ medium
Peas, frozen	2kg	3kg	5kg
Vegetable stock, reduced salt	1 litre	1.5 litres	2.5 litres
Mint leaves, fresh, finely chopped	½ cup	1 cup	1 ½ cups
Natural yoghurt, reduced fat (to serve)	250g	400g	650g
Black pepper	To serve	To serve	To serve
Wholegrain/wholemeal bread rolls (to serve)	10	15	25

## Method

- 1 Heat oil in a large saucepan. Add onion and garlic and cook, stirring regularly, for 2 to 3 minutes, or until onion is slightly transparent.
- 2 Add potato, peas and stock and bring to the boil, then reduce heat and simmer gently for 20 minutes.
- 3 Stir through mint.
- 4 Remove saucepan from heat. Using a hand blender, blend the soup until it forms a smooth consistency and no large chunks remain.
- 5 If necessary, return soup to heat for a further 5 to 10 minutes, or until heated through.
- 6 Transfer soup to bowls/mugs.
- 7 Serve topped with a dollop of yoghurt, a sprinkling of black pepper and a bread roll.

## Tips

- This soup can also be served chilled. To do this, transfer the soup to a large container at the end of step 3, cover and refrigerate for 4 hours, or overnight.
- Frozen chopped onion and crushed garlic can be used for convenience. Replace 1 medium onion with 125g frozen onion, and 1 clove garlic with 1 heaped teaspoon of crushed garlic.

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

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