



Quinoa Soup with Peas and Fresh Mint

Kalayra Angelyys, Soup Sister and Owner of Snacker Cracker

Makes about 6 servings

- 2 Tbsp (30 mL) **butter**, divided
- 1 Tbsp (15 mL) **olive oil**
- 3 oz (90 g) thickly sliced **bacon**, diced
- 2 **green onions**, finely chopped
- 1 cup (250 mL) **quinoa**, rinsed and drained
- 6 cups (1.5 L) **chicken** or **vegetable stock**
- 2 cups (500 mL) **peas** (fresh or frozen)
- 1½ cups (375 mL) firmly packed **fresh mint** leaves, finely chopped
- Pepper** to taste
- Freshly grated **Parmesan cheese** for garnish

1. In a large pot, heat 1 Tbsp (15 mL) of the butter and the oil over medium heat. Add the bacon. Cook, stirring often, until the bacon is crisp.
2. Add the green onions. Cook, stirring often, until the onions have softened but are not brown.
3. Add the quinoa. Cook, stirring often, to toast it a little.
4. Add the stock. Bring to a boil.
5. Reduce the heat and simmer, covered, until the quinoa is tender, about 15 minutes.
6. Add the peas. Simmer, uncovered, until the peas are tender, about 5 minutes.
7. Stir in the mint, the remaining butter and pepper to taste.
8. Ladle into bowls and shower each portion with some Parmesan.



For a vegetarian option, use vegetable stock and omit the bacon.



I have so much fresh mint growing in my garden that I love to use it up in different dishes. Here it gives this soup a fresh, summery feel. Plus, I like the way quinoa (a seed, not a grain) adds an extra boost of protein to the soup. If you have any soup left over the next day, you may need to add some extra stock or water, for the quinoa will absorb liquid as it stands.

—Kalayra Angelyys