Ginger Pea Soup

This hot or cold soup takes less time to prepare than it takes to watch a sitcom. A touch of miso adds a nutty, salty element to the mix, and teams up with firm light tofu to pack in the protein. I found this recipe in Clean Eating.

By Diane Welland, MS, RD | Photo: Joanne Tsakos

Serves: 4

INGREDIENTS:
- 4 cups frozen peas (do not thaw)
- 3 cups low-sodium chicken broth
- 2 tbsp green onion, diced
- 2 tsp miso (TIP: If miso is not available, substitute with 2 tsp low-sodium soy sauce.)
- 2 tsp ginger, coarsely chopped
- 1/2 cup Thai basil leaves (about 24 leaves), coarsely chopped (of regular basil)
- 2 oz firm light tofu, crumbled

INSTRUCTIONS:
1. Heat peas with broth in a medium saucepot over medium heat. Cover and bring to a boil, about 10 minutes. Add green onion, miso, ginger and basil. Heat for about 1 minute, then remove pot from burner.
2. Carefully pour mixture into blender and purée until smooth, about 1 minute. (CAUTION: Mixture will be hot.) Pour into 4 bowls and top each with tofu, dividing evenly. Garnish with additional green onion or basil, if desired. Serve hot, at room temperature or chill and serve cold.

Nutrients per 1-cup serving: Calories: 147, Total Fat: 1.5 g, Sat. Fat: 0.25 g, Carbs: 22 g, Fiber: 6 g, Sugars: 0.5 g, Protein: 11 g, Sodium: 173 mg, Cholesterol: 0 mg