



Chilled Spring Pea Soup

Easy to make and totally delicious.

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This cold minty spring pea soup is a breeze to make and super yummy. Plus it looks absolutely beautiful. If fresh peas are out of season, you can substitute frozen, just make sure there's no sugar added to them.

Servings: 4 / Ingredients: 7 / Minutes prep: 20

Ingredients

- 1 tablespoon butter
- 4 scallions, white and pale green parts only, chopped
- 2 mint sprigs, washed
- 2 pounds fresh peas, shelled or frozen peas
- 6 cups good-quality unsalted chicken stock
- ½ cup of cream or buttermilk (optional)
- 2 mint sprigs, leaves stripped and chopped, for garnish

Directions

1. In a heavy-bottomed pot, melt the butter over medium-low heat. When it has melted and stopped foaming, add the chopped scallions. Sauté until they have softened.
2. Add the whole mint sprigs and sauté for a couple of minutes, then add the peas and salt to taste. Add the stock and cook until the peas are soft and bright green—this will go fast for frozen peas. Remove the mint sprigs and blend until the soup is completely smooth. Check for seasoning and add cream or buttermilk, if using.
3. Let the soup chill in the fridge for at least 2 hours. Serve cold with chopped mint.

Chef Tips

This soup can be made both with or without the liquid dairy element—it's delicious either way.

Nutrition Facts (per serving)

Calories: 247; fat: 1 g; saturated fat: 6 g; polyunsaturated fat: 1 g; monounsaturated fat: 3 g; carbohydrates: 25 g; sugar: 9 g; fiber: 8 g; protein: 14 g; sodium: 247 mg

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