

# Pea Soup & Homemade Flatbread

Serves 12

## Ingredients

### PEA SOUP

- 6 cups **Peas** (thawed from frozen)
- 3 large **Potatoes** (or 6 smaller ones)
- 2 large **Onions** (or 3 smaller ones)
- 3 **tbsp Garlic Powder** (or 4 Tbsp minced garlic)
- 9 cups **Vegetable Broth** (from cube, box or homemade)
- 3 **tbsp Lemon Juice**
- **Sea Salt & Pepper to Taste**
- Bunch of **Fresh Sage, Microgreens, or Spinach** (optional)

### GLUTEN-FREE FLATBREAD

- 1 ¼ cup **Almond Flour**
- 1 ¼ cup **Oat Flour** (or any GF flour)
- ¾ cup **Rolled Oats**
- ¼ cup **Ground Flaxseed**
- 2 **tsp Baking Powder**
- ¼ **tsp Baking Soda**
- 1 ¼ cup **Almond Milk** (or any plant-based milk)
- 1 **tbsp Apple Cider Vinegar**
- **Dried Seasoning Blend:** (mix and match any from the list below)
  - **Garlic Powder, Rosemary, Basil, Oregano, Parsley, Sage**

### GARNISH

- 1 bunch **Fresh Thyme**
- 1 cup **blanched Peas**
- **Olive Oil**
- **Microgreens**

## Instructions

### PEA SOUP

1. Ensure **Peas** are thawed (take out ahead of time or make a warm water bath)
2. Peel and finely dice chop the **Potatoes, Onion** (and if using fresh **Garlic**).
3. Heat a large pot to medium-low
4. Once pot heated, add the **Potatoes** and **1 cup Vegetable Broth**
5. Let **Potatoes** cook for 10 - 20 minutes
6. Add the **Onion, Garlic and Peas**
7. Let **Onion, Garlic & Peas** cook for 5 - 10 minutes
8. Add the rest of the **Vegetable Broth**
9. Add **Salt & Pepper**
10. Continue cooking until the **Potatoes** are tender and soft.
11. Turn off heat.

12. Add **Lemon Juice** and let cool until it can blend.
13. When at a safe temperature to blend - add the optional chopped **Fresh Herbs, Microgreens or Spinach** - and blend.

## GLUTEN-FREE FLATBREAD

1. Preheat Oven to 350 - 375 F
2. Add **Almond Flour, Oat Flour, Rolled Oats, Ground Flaxseed, Baking Powder and Baking Soda** into a large bowl and mix.
3. Add **Almond Milk** and **Apple Cider Vinegar** to the bowl and mix.
4. Add **Dried Seasonings** to the bowl and mix.
5. The mixture should be a **Seasoned Dough** that isn't too wet or dry.
6. Spread **Seasoned Dough** onto a flat sheet pan to about 1 inch thickness
7. Score spread out **Seasoned Dough** into crouton sized squares.
8. Bake in oven for 15 minutes, evaluate if needs another 15 - 20 more minutes
9. Bake until the center of the **Flatbread** is no longer gooey and the top is firm.
10. Take out of the oven, let cool for 5 - 10 minutes, cut into strip sllices.

## GARNISH

1. Blanch the **Peas**
  - a. To Blanch: Boil water, add a handful of peas, let it cook for a minute, then remove the peas from the boiling water and immediately place in a bowl with iced water. Let it cool down for about 5 minutes, then drain and serve.
2. Prepare the **Fresh Thyme and/or Microgreens** into small separate stems

## SERVING

1. Add blended **Pea Soup** into a bowl and garnish with blanched **Peas, Thyme, Microgreens** and a drizzle of **Olive Oil**.
2. Place 2 strip slices of **Flatbread** on the side of the **Pea Soup**

## SERVE & ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

Find the video of this recipe and other videos about natural healing by visiting:  
[www.youtube.com/@feelbetterliving](https://www.youtube.com/@feelbetterliving)

Learn more about about our mission by visiting: [www.feelbetterliving.com](http://www.feelbetterliving.com)