

Fennel and Sweet Pea Soup

Recipe By *Estee Kafra*



Cooking and Prep:  1
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Serves:  8

Contains: 

Preference: Meat

Meat adds a hearty flavor to this soup. Add some barley and let it be a whole dinner in one!

Occasion: Sukkot

Source: Family Table by
Mishpacha Magazine

Ingredients (12)

Main ingredients

- 2 cups cooked barley, optional
- 1 teaspoon dried basil or 2 cubes [Dorot Gardens Frozen Basil](#)
- 1/2 teaspoon black pepper
- 5 cups [Empire Chicken Broth](#) or other chicken or beef stock (water will also do, but stock has more flavor)
- 1 large or 2 small fennel bulbs, chopped
- 1 large piece flanken
- 2 teaspoons finely chopped garlic or 2 cubes [Gefen Frozen Garlic](#)

- 4 cups frozen green peas, divided
 - 2 teaspoons vegetable oil
 - 1 large onion, chopped
 - 1 cup chopped potato
 - 2 teaspoons salt
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Start Cooking

Make the Soup

1. Heat the oil in a large pot, and add the onion, fennel, and garlic. Sauté for about five minutes, until soft. Add the flanken and cook for 8–10 more minutes. If the onions are burning, add 1/4 cup of water. Add the chicken or beef stock and the potato, and cook for about 1/2 an hour.

2. Add 3 and 1/2 cups frozen peas, salt, pepper, and basil, and cook for about 20 minutes. Remove the meat and set aside. Blend the soup with an immersion blender and add the remaining 1/2 cup of peas, meat, and barley, if desired. Heat and serve.