Creamy Pea and Oat Soup with Garlic Toast

4 equal soup portions, each with 1 garlic toast slice · Active 15 min · Total 35 min

Skills: Easy

Ingredients

- 1 small onion, diced (100 g)
- 1 tablespoon neutral oil (15 ml), divided: 2 teaspoons for soup and 1 teaspoon for toast
- 1/2 cup old-fashioned rolled oats (45 g)
- 3 cups water (720 ml)
- 4 cups frozen peas (560 g)
- 1 cup 2% milk (240 ml)
- 1/2 teaspoon fine salt (3 g)
- 1/2 teaspoon ground black pepper (1 g)
- 4 slices whole-wheat bread (200 g total)
- 1 large garlic clove, peeled and halved (4 g)

Set out

Large saucepan, Stick blender or potato masher, Toaster, Pastry brush or spoon

Allergens

Milk, Wheat, Oats. Check labels and substitutions.

Make it

1. Heat 2 teaspoons oil in the saucepan over medium heat. Cook onion for 6–7 minutes until soft. Add oats and measured water; bring to a simmer and cook for 8–10 minutes, stirring occasionally.

2. Add peas, salt and pepper. Return to a simmer and cook for 4–5 minutes, or the longer package-specified cooking time, until peas are tender.

3. Remove from heat. Blend with a stick blender, keeping its head submerged, or mash well for a textured soup. Stir in milk, return to low heat and warm gently until steaming, without a vigorous boil. Rest for 5 minutes; thin with hot water if needed.

4. Toast bread. Rub each hot slice with the cut garlic surface, then brush all four slices with the remaining 1 teaspoon oil. Divide soup among four bowls and serve one toast slice with each.

Buy one oat for several jobs

Ordinary rolled oats work in breakfast porridge, this soup and several savory recipes in the collection. Choose them rather than a flavored instant packet. Measure only what the pot needs and close the bag tightly so the remaining oats stay dry.

A useful detail

For a countertop blender, cool the soup slightly and follow the appliance instructions for hot liquids; never seal steaming soup in a blender not rated for it.

Keep it well

Refrigerate soup in shallow containers within 2 hours, or 1 hour above 90°F/32°C, and keep at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C, adding water because the oats thicken overnight. Freeze soup for up to 2 months and make toast fresh.