



Grow With Me Food Recipes



Recipe Name: **Green Peas**

Ingredients

Procedure

Place peas into a steamer basket in a pan with a just enough water to slightly show through in the basket, steam until very tender; be sure to check on the water level. Reserve any left over water to use for thinning out the peas.

Place into your choice of appliance for pureeing and begin pureeing. It is best to use the setting that makes the finest liquid purees – pea skins are rather difficult to completely puree.

***Using a blender rather than a food processor or stick mixer might be better as well. ***

Add the reserved water as necessary to achieve a smooth, thin consistency. You may wish to push the peas through a sieve or mesh strainer to get rid of any remaining skins.
