

# CREAM OF PEAS AND SILKEN TOFU

## INGREDIENTS

2 tablespoons butter  
2 chopped onions  
2 potatoes, peeled and diced  
6 cups vegetable broth  
2 cups canned peas, drained  
1 cup soft silken tofu (Sunrise type)  
Salt and pepper to taste *Do not use pepper if you have ulcers or pain*  
150 g (1/3 lb.) whipped cream cheese

## PREPARATION

1. In a saucepan, melt the butter over medium heat. Cook the onions for 2 minutes, until tender.
2. Add potatoes and broth. Bring to a boil, then simmer for 15 minutes.
3. Add peas and tofu. Salt and pepper. Extend the cooking for 8 to 10 minutes.
4. Using the hand blender, mix the preparation until you obtain a smooth cream.
5. Divide the cream of peas between the bowls. Top each serving with a dollop of whipped cream cheese.

Recipe translated from: [www.lesrecettesdecaty.com](http://www.lesrecettesdecaty.com)

[apainintheback.org](http://apainintheback.org)

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