

## Fresh Peas with Green Onions Shallots and Garlic

Vegetarian Serves 4 - 5

### Ingredients:

- Freshly shelled Peas about 2 quarts of pea pods
- 1 Shallot
- 2 green onions
- 2 cloves garlic
- 3 TB Butter or ghee
- Salt
- Pepper



1. Mince Shallots, garlic
2. Chop Green Onion
3. Melt Butter or ghee in a medium sauté pan on low to medium.
4. Add Shallots green onion cook to soften
5. Add garlic
6. Cook through
7. Add Peas
8. Add salt and pepper to taste.
9. Stir 2 to 3 minutes then remove from heat.
10. Enjoy

### Equipment:

- Sauté Pan
- Knife
- Cutting Board