

Green Pea Soup

Not too thick, not too thin, just right.

Author: Pamela James' recipe, our friend from England



This is very refreshing, either summer or winter, and oh, so easy.

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 1 hour

Place defrosted peas in a blender with the consomme, cream and mint. Puree it until it is completely smooth. Pour into a container and chill for several hours. Serve with a small dollop of sour cream, and sprinkle with additional mint.

Yield: 4 cups

1 pound frozen peas, defrosted, or rinsed in hot water

12 ounces consomme

1 cup half and half

2 tablespoons fresh mint

3 tablespoons sour cream

Per Serving (excluding unknown items): 134
Calories; 6g Fat (42.4% calories from fat); 7g
Protein; 13g Carbohydrate; 4g Dietary Fiber;
18mg Cholesterol; 255mg Sodium.
Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0
Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.