

Minted Pea Soup

Sometimes the simplest recipes are the best:

1-1/2 cups shelled peas (from about 1-1/2 lbs fresh peas)

1/2 small onion (chopped) or 1 clove of garlic

Juice of 1/2 lemon

1-2 tablespoons mint leaves

1 can of chicken broth

1 cup water

Salt and pepper to taste

Yogurt (optional)

Cook peas in 2 cups of boiling water for just a few minutes. Drain, reserving water for use later in the recipe. Puree peas in a food processor. Mix 2 cups of the cooking water, broth and lemon juice in a sauce pan. Add pureed peas and bring to a simmer. Turn off heat. Chop mint in a food processor and add to soup. Serve with a dollop of yogurt. (Serves 4)