Green Pea Soup

Pamela James' recipe, our friend from England



Not too thick, not too thin, just right.

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

Soups

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 6

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

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

Yield: 4 cups

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.