

Cream of Fresh Green Pea Soup (“The Enchanted Broccoli Forest” Mollie Katzen)

Preparation time: 30 minutes

Yield: 5-6 servings

Fresh herbs comprise the essential magical element of this soup. Use all or some of the list below, or experiment with your own.

1 Tbsp butter

1 cup minced onion

½ tsp salt

1 ½ cups water

4 cups peas, fresh or frozen

1 cup milk (lowfat or soy okay)

black or white pepper to taste

Minced fresh (up to 3 Tbsp each or any): mint, basil, dill, tarragon, parsley, chives

Melt the butter in a soup pot or Dutch oven. Add onion and salt, and cook over medium heat until the onion is soft (8-10 minutes).

Add the water and bring to a boil. Lower the heat, cover, and simmer for about 10 minutes. Add the peas, cover again, and remove from heat. Let stand 5 minutes, or until the peas are tender.

Puree the soup with the milk in a food processor or blender, then return the puree to the pot.

Heat the soup very gently. Add your own personal selection of minced fresh herbs just before serving. NOTE: This soup also tastes wonderful at room temperature or chilled.