

## Amazing Pea Soup

### Ingredients:

12 cups water

2 pounds English peas with shells

1/3 cup finely chopped fresh dill, plus sprigs for garnish

1 teaspoon salt

Freshly ground pepper, to taste

3/4 cup low-fat plain yogurt



### Preparation:

1. Bring water to a boil in a large pot. Add peas, return to a boil and then reduce to a simmer. Cook, stirring occasionally, for 45 minutes. 2. Using a slotted spoon, transfer one-third of the pea pods to a food processor. Add 1/2 cup cooking liquid and process until smooth. (Use caution when pureeing hot liquids.) Pour into a large bowl. Repeat with the remaining pea pods in 2 batches, with 1/2 cup cooking liquid each time. Pour the pureed peas plus the remaining cooking liquid through a fine-meshed sieve, pressing on the solids to extract as much liquid as possible. (Alternatively, put through a food mill fitted with a fine disc.) 3. Return the soup to the pot, bring to a boil and then simmer until reduced by about a third (to about 6 cups), 30 to 35 minutes. Stir in chopped dill, salt and pepper. Ladle into bowls and top each serving with a swirl or dollop of yogurt and a sprig of dill.

**Per Single Serving** / Serves 6 @ 1 point, 2 points plus, Total Calories 79

Calories from fat 9, Total Fat 1 gm, Cholesterol 2 mg, Sodium 429 mg, Total Carbohydrates 13gm, Fiber 4 gm, Protein 6 gm