

REAL SIMPLE

HANDS-ON TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

MAKES 4 SERVINGS



Sweet Pea and Mint Soup

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 cup chopped yellow onion
- 2 cups vegetable or low-sodium chicken broth
- 4 cups frozen peas
- $\frac{3}{4}$ cup loosely packed mint leaves
- 1 teaspoon kosher salt
- 1 teaspoon sugar

Melt the butter in a saucepan over medium heat. Add the onion and sauté for 3 to 4 minutes or until tender. Add the broth and bring to a boil. Place the peas, mint, salt, and sugar in a blender. (Because hot liquids expand when blended, hold the lid firmly in place with a kitchen towel before blending.) Blend until smooth. Pour the hot broth mixture over them. Return to saucepan to heat through. Serve warm.

Nutrition Per Serving

Calories 194 (29% from Fat) • Fat 6g (Sat 4g) • Protein 9mg • Cholesterol 15mg
Calcium 61mg • Sodium 638mg • Fiber 7g • Carbohydrate 26g • Iron 3mg

© 2006 Time Inc. All Rights Reserved.

MEMO
