

## **Soups & Chili**

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# **Peppery Pea Soup**

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

**1 quart water**  
**4 chicken-flavored bouillon cubes**  
**2 packages (16 ounce) frozen peas and carrots**  
**1/4 cup minced onion**  
**1/2 teaspoon celery seeds**  
**1/2 teaspoon pepper**  
**green onion strips (for garnish)**  
**thin carrot strips (for garnish)**

In a saucepan, bring the water to a boil. Add the bouillon cubes, stirring to dissolve.

Add the peas and carrots, onions, celery seeds and pepper.. Cover and reduce heat. Simmer for 8 to 10 minutes.

Pour the soup mixture into the container of an electric blender. Process until smooth.

Garnish with green onion strips and thin carrot strips.

Serve immediately.

Yield: 7 cups

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Per Serving (excluding unknown items): 96 Calories; 1g Fat (8.1% calories from fat); 6g Protein; 20g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 142mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.