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|  | **Ingredients** | **Step** |
| Green Pea Soup | 2 cans  (15 ounces each) **peas** (undrained)  1 cup  nonfat or 1% **milk**  1 teaspoon  **chicken** or **vegetable bouillon**  1 Tablespoon  **onion powder**  1⁄2 teaspoon  **garlic powder**  1⁄4 teaspoon  **black pepper** (optional) | 1. In a medium saucepan, heat peas with liquid over medium heat. As the peas warm, mash to desired consistency with a fork or potato masher. 2. Stir in milk, bouillon, onion powder, garlic powder and pepper, if desired. Simmer for 15 minutes. Serve warm. 3. Refrigerate leftovers within 2 hours. |