I've implemented a helper class for Symfony Process instances as well. I put it into ProcessUtil because this where I will add more methods (e.g. helpers to run a process with the current PHP binary).

What you can do with it:

```
#[AsCronJob('minutely')]
class MessengerCron
{
    public function __invoke(string $scope): ?PromiseInterface
    {
        if ($scope !== Cron::SCOPE_CLI) {
            return null;
        }
        return ProcessUtil::createPromise(new Process(['ls']));
    }
}
```

This will automatically start the process and create a promise for it.

This is foundational work for #5405.







