

2 tablespoons margarine
1 stalk celery -- chopped
1 cloves garlic -- minced
1/2 cup med onion -- chopped
2 cups vegetable stock
16 ounces frozen peas
1 dash white pepper
1/2 cup low-fat milk
1 dash nutmeg

GARNISH: Herbed garlic Croutons, 1/4 c chopped fresh parsley and 2 T lemon peel, or grated Parmesan cheese, optional. In a Dutch oven or 4-5 qt saucepan, melt margarine. Add celery, garlic, and onion. Saute until softened, about 5 minutes. Add vegetable stock, peas, and white pepper. Over med heat, cover and simmer 5 minutes. Transfer mixture to bowl of food processor. Cool slightly. Puree. Return mixture to pan; add milk and nutmeg. Heat through, about 5 minutes, stirring constantly. Top each serving with garnish if desired.