

Dinner & A Book Recipes

Episode #1617 – Valiant Ambition

Green Pea Soup

- 1 1/2 tsp olive oil
- 1 large onion, sliced
- 1 1/2 c. low sodium chicken broth
- 1/4 c. tarragon leaves
- dash of salt and pepper
- 1 13 oz. bag frozen peas
- Sour cream or plain yogurt

In a 3 quart pot, heat oil over moderate heat, add the onion and cover and cook until onion is soft. Add broth, tarragon, salt and pepper. Bring to boil. Add peas and cook until peas are defrosted.

Pour soup into blender in sections and blend until smooth. Reheat the soup. Do not overcook. Serve with dollop of cream or yogurt.

Cornbread Soufflé

- 1 15 oz. can creamed corn
- 1 15 oz. can whole corn, undrained
- 1 box Jiffy cornmeal muffin mix
- 6 oz. butter
- 1 8oz. carton sour cream

Mix all the above and pour into a 2 quart casserole. Bake, uncovered, at 350 degrees for one hour or until center is set.

Serves 6-8