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# Amazing Pea Soup

**Prep Time:** 20 mins

**Cook Time:** 1 h 20 mins

**Total Time:** 1 h 40 mins

## Ingredients

- 12 cup(s) water
- 2 pounds pea pods, fresh, English, with shells
- 1/3 cup(s) dill, finely chopped, plus sprigs for garnish
- 1 teaspoon salt
- pepper, black ground, to taste
- 3/4 cup(s) yogurt, low-fat plain

## Preparation

1. Bring water to a boil in a large pot. Add peas, return to a boil and then reduce to a simmer. Cook, stirring occasionally, for 45 minutes.
2. Using a slotted spoon, transfer one-third of the pea pods to a food processor. Add 1/2 cup cooking liquid and process until smooth. (Use caution when pureeing hot liquids.)
3. Pour into a large bowl. Repeat with the remaining pea pods in 2 batches, with 1/2 cup cooking liquid each time. Pour the pureed peas plus the remaining cooking liquid through a fine-meshed sieve, pressing on the solids to extract as much liquid as possible. (Alternatively, put through a food mill fitted with a fine disc.)
4. Return the soup to the pot, bring to a boil and then simmer until reduced by about a third (to about 6 cups), 30 to 35 minutes. Stir in chopped dill, salt and pepper.
5. Ladle into bowls and top each serving with a swirl or dollop of yogurt and a sprig of dill, if desired.

