

# Square One Organics

## L, M, N, O, Pea Soup



1 (2oz.) **Square One Organic Peas** cup, thawed in fridge  
1 Tablespoon Square One Soup Starter (see recipe, below)  
 $\frac{3}{4}$  cup organic 2% milk or water  
 $\frac{1}{2}$  cup cooked Eden Organic® Vegetable Alphabets pasta\*  
dash of celery salt

Yield: 1 serving

In a small saucepan, combine peas and soup starter. Stir in milk or water. Cook 3 to 4 minutes over medium-low heat or until mixture slightly thickens and begins to simmer, stirring frequently. Stir in cooked pasta and celery salt.

\*  $\frac{1}{3}$  cup dry pasta yields about 1 cup cooked pasta or make Quick Quinoa Dumplings as a fun nutritious add in to your soup.

Note: For 2 servings, simply double all ingredients.

Then Read LMNO Peas by Keith Baker

## Square One Soup Starter

(Makes enough for four bowls of soup)

Place  $\frac{1}{4}$  cup organic unbleached all-purpose flour and 4 teaspoons instant chicken bouillon granules in a small container with lid. Cover and shake to combine. If desired, add  $\frac{1}{4}$  teaspoon dried basil or thyme leaves to flour mixture. Cover and store in a cool dry place.

## Quick Quinoa Dumplings



Invert one thawed (2oz.) **Square One Organic Quinoa** cup, onto cutting board. Using the small end of a melon baller, cut about eight dumplings out of the contents of the Square One Organics Quinoa cup. Add these quick Organic Quinoa dumplings to your hot soup.