Square One Organics

Cream Of Spinach Soup

1 (2oz.) **Square One Organics Spinach** cup, thawed in fridge
1 Tablespoon Square One Soup Starter (see recipe, below)
¾ cup organic 2% milk
dash of organic ground nutmeg

Yield: 1 serving

In a small saucepan, combine spinach and soup starter. Stir in milk. Cook 3 to 4 minutes over medium-low heat until mixture slightly thickens and begins to simmer, stirring frequently. Add nutmeg.

Note: For 2 servings, simply double all ingredients.

Square One Soup Starter

(Makes enough for four bowls of soup)

Place ¼ 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 ¼ teaspoon dried basil or thyme leaves to flour mixture. Cover and store in a cool dry place.

Here is a children's book to read while it's cooking: The Secret Life of Mitch Spinach by Hillary Feerick and Jeff Hillenbrand.

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. Add to hot soup.