Hill's Mills & Mixers
BOSCH Kitchen Centre
~products for better health

THREE- MINUTE BEAN FLOUR SOUPS

Use 2 Tbsp white bean flour per cup of liquid for thin soups or just to add flavour and colour, 3 Tbsp for medium and 4 to 5 Tbsp for thick soups, stews or gravies. Whisk into soup stock or use hot water flavoured with 1 tsp meat or vegetable base per cup of water. Cook and stir 3 minutes. Blend after cooking, if desired, for a creamier soup. For pea and lentil soups, use only 1 Tbsp flour per cup of liquid for thin soups, 2 Tbsp for medium and 3 Tbsp for thick soups

For "Cup-A-Soup", use 1 cup cool water, 1 chicken bouillon cube or vegetable seasoning to taste and 1 Tbsp of any variety of bean, pea or lentil flour. Mix and heat to boiling, then reduce heat, cover pan and simmer 2 minutes.

For already cooked soups containing vegetables, noodles, and so on: For 6 cups of soup, blend ½ to 1 cup bean flour (depending upon how thick and creamy you want toe soup to be) and 2 cups cooled soup broth (use ice cubes) on high speed for 1 minute. Whisk into hot soup mixture and cook 4 to 5 minutes over medium high heat, stirring occasionally.

Note: Blending is not essential, but texture is better.

Ruby Hill | Hill's Mills & Mixers | 403-327-3529 or TF 1-866-327-3559