Hill's Mills & Mixers
BOSCH Kitchen Centre
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INSTANT PEA SOUP

2 cups boiling water
3 Tbsp pea flour – green or yellow
2 tsp chicken or vegetable soup base

Using dried peas, whole or split, grind to a fine flour. (This can be made in large quantities, then be frozen until ready for use.) In medium saucepan over medium-high heat, whisk chicken or vegetable soup base and pea flour into boiling water, stirring for about 1 minute. Turn heat to low, cover and cook 2 minutes. Serves 2. For a thicker soup, use up to 1/3 cup pea flour.

Note: If desired, add ¼ cup each grated ccarrots, grated potatoes and minced celery to boiling water and cook 3 to 4 minutes or until cruncy tender. Then, add pea flour and proceed as above.

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