



PEA SNAPS... Soupalicious recipes for National Pea Soup Week

November 12th, 2012

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Winter arrived with a bang this week in the mid-western states and prairie provinces, just in time for National Pea Soup week. Just as well, because there is nothing like a foot or two of the white stuff to get us dreaming of pea soup. Though we aren't foraging in the wilds of North America like the [voyageurs](#), we still share their appreciation for the nutrition, convenience, satiety and energy that pulse soups offer.

Featured on the [Best Cooking Pulses website](#) are four tasty and hearty soups: [French Canadian Pea Soup](#) (made with whole yellow peas), [Minted Green Split Pea Soup](#) (made with green split peas), [Mona Lisa Lentil Soup](#) (made with whole green lentils - they are yellow on the inside), and [Red Lentil Coconut Soup](#) (made with split red lentils).



For those of you who prefer the milder taste of yellow split peas, [Pulse Canada's](#) recipe book [Pulses and the Gluten-free Diet](#) has a flavourful [Yellow Split Pea Soup Recipe](#) which includes a hint of nutmeg.

If you are short of time, why not make soup with 'Best' Green Split Pea Flour? Thanks to [Canadian Foodies](#), Ross of [Best Cooking Pulses](#) was immortalized on [You Tube](#) serving [Super Quick Vegan Green Split Pea Soup](#) at [Soupalicious](#) in Toronto last fall.

Super Quick Vegan Pea Soup

- 2 tbsp olive oil
- 1 small onion
- 1 leek
- 1 carrot
- 1 celery stick
- 2 garlic cloves
- 1 cup ['Best' Green Split Pea Flour](#)
- 4 cups boiling water
- 2 organic veggie bouillon cubes (much much tastier than the MSG-based conventional kind)
- salt
- pepper

Chop the veggies. Heat the olive oil in a Dutch oven on the stovetop, and add the veggies. Saute until soft. Mix [BEST Green Split Pea Flour](#) with enough COLD water to make a paste. Add boiling water to the veggie mixture, and then whisk in the paste. Simmer for 7-12 minutes. Add bouillon, and salt and pepper to taste. For a thicker soup, add more paste. For thinner, add more water. Hand-blend the soup for a creamy, velvety texture.

Looking ahead to next summer, we have good news for celiac and gluten-free families. For the first time ever, [Camp Wasaga](#) in beautiful Riding Mountain National Park will be offering a week of family camping that is 100% gluten-free, from 7 to 13 July 2013. Delicious gluten-free meals will be prepared by professional cooks.

[Camp Wasaga](#) is located on the south shore of [Clear Lake](#), a short hop from the town of [Wasagaming](#). The facility is accredited by the [Manitoba Camping Association](#).



Supervised morning program is offered for children of all ages, while the grown-ups can relax, hike (there is a naturalist on staff), or explore Wasagaming. Afternoons are set aside for family activities: supervised swimming, canoeing, kayaking, bouldering, cycling, volleyball, crafts, outdoor games, nature walks as well as evening camp fires.

Facilities include 19 modern, insulated cabins, a large dining hall with oversized fireplace, a recreation hall for rainy-day activities, and a modern wash house. The camp is fully wheelchair-accessible. Fees include accommodation, programming, and all meals including an evening snack. For more information email info@campwasaga.ca or phone 204-452-3059.

Stay warm and enjoy the soup!
Margaret

'Best' Pulse Flours and Pea Fiber may be purchased in Canada at canadaonly.ca and well.ca.

Amazon carries ['Best' Chickpea Flour](#). Our apologies to customers in the US who are unable to find 'Best' Whole Yellow Pea Flour, Green Split Pea Flour and Pea Fiber. We are looking for outlets to sell these products and will soon have a new e-retailer.

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