

PEAS & CARROT SOUP

INGREDIENTS:

- 3 cups of frozen peas**
- 3 cups of pure revitalized or spring water** (adjust for thickness)
- 1 tsp of light grey Celtic seasalt** (adjust to taste)
- ½ red onion; or 1 scallion**
- 1 large carrot grated**
- ⅓ cup of gluten-free brown rice/quinoa small pasta or spaghetti**

DIRECTIONS:

Wash the frozen peas in a strainer and place them into a 2 qt/1.9L pot with the water and seasalt.

Chop the onion/scallion into the pot.

Blend the ingredients into a smooth soup.

Grate a large carrot into the pot.

Bring to a boil. Then cover and simmer on low heat, for about 8-10 minutes.

While the soup is simmering, cook the small pasta or quartered spaghetti in a separate pot. When cooked, drain the water, rinse, and stir them into the soup.

ENJOY with a chicken or lamb dish, or the **Garden Salad**.

Serves 2

Use **organic** ingredients from reputable brands

Suitable for ALL blood types.

Peas and other legumes belong to the plant family known as the *Fabaceae*, which is also called the bean or pulse family. The garden pea was one of first crops to be cultivated by humans, thousands of years ago. They were first grown in the Himalayan plains of NW India, the Middle East, and the Mediterranean basin. There are three types of commonly eaten peas: garden or green peas (*Pisum sativum*), snow peas (*Pisum sativum var. macrocarpon*) and snap peas (*Pisum sativum var. macrocarpon ser.cv.*), which are a cross between the garden pea and snow pea. Peas are one of the few members of the legume family that are sold and cooked as vegetables. Legumes are plants that bear fruit in the form of pods enclosing seeds we know as beans.

The nutritious, leguminous green pea is rich in fiber, protein, phytonutrients, minerals, and vitamins A, B, C, K and ALA. Their fiber and nutrients provide cardiovascular benefits and help regulate blood sugar levels. Peas contain a significant amount of lutein, which helps prevent macular degeneration and lowers the risk of cataracts. Peas are a good source of phenolic acids and nutrients help regulate blood sugar levels a polyphenol called coumestrol that has been shown to decrease the risk of stomach cancer. Peas have the ability to chelate metals and inhibit linoleic acid oxidation. In fact, they are loaded with antioxidants, anti-inflammatory nutrients, and alpha and beta-carotenes.

Peas compliment soups, gluten-free pasta, rice, and many ethnic recipes. Fresh or frozen petite/baby green peas are preferred for their sweetness, tenderness, and flavor.

Select peas that are bright green, firm, and plump. Store fresh peas in the fridge. Fresh peas can be blanched for one or two minutes and then frozen. Frozen peas can last from 6-12 months.

Native to Asia and the Middle East, **onions** have been cultivated for over five thousand years. They were valued both for their culinary use and their therapeutic properties. Onions were popular in ancient Greece and Rome and used as medicine in India. Egyptians valued them so highly, they used them as currency and placed them in the tombs of kings. Their use in European cuisine dates back to the Middle Ages. Christopher Columbus brought onions to the West Indies where their cultivation spread throughout the Western Hemisphere.

Onions come in many varieties such as white, yellow, and red. Smaller varieties are green, scallion, and pearl. The red, Maui and Bermuda varieties are mild and sweet. The red variety is higher in flavonoids. Like garlic, the onion is a member of the *Allium* family. Its sulfur compounds called sulfides, are responsible for its pungent odor and taste. Additionally, they provide benefits for the body's cardiovascular system and connective tissues.

The onion also contains vitamin C, biotin, B6, B1, folate, copper, manganese, phosphorus, potassium, and fiber. These nutrients along with onion's compounds help prevent tumor growth and lower blood pressure and triglycerides.

Frequent consumption of onions can help increase bone density and provide benefits to the connective tissues. The onion is also rich in polyphenols including quercetin and flavanoids, which have anti-cholesterol, anticancer, antibacterial, antioxidant, and anti-inflammatory healing properties.

Select organic onions that are free of mold, well shaped, and firm. To maintain their benefits do not over peel or over cook onions. Store them alone in a cool dry, dark pantry or basket separated from other produce. Once cut, store in a sealed container, refrigerate, and then consume within a few days.

Originating thousands of years ago in central Asian and Middle Eastern countries, **carrots** belongs to both the *Umbelliferae* and *Apiaceae* families. This popular root vegetable comes in orange, yellow, red or purple and grows from two inches to 3 feet. All colors belong to the same genus and species of plant, *Daucus carota*. Different colors contain different varieties of antioxidant phytonutrients. Red and purple are rich in anthocyanin; orange is rich in beta-carotene; and yellow is rich in lutein.

Carrots are rich in antioxidants (carotenoids, hydroxycinnamic acids, and anthocyanindins). A 10 year study from the Netherlands found dark orange/yellow carrots to be protective against cardiovascular disease (CVD). The vitamin A, beta and alpha carotene, and potassium in carrots, also help to reduce the risk of cancer. Cooking, steaming, or juicing carrots increases absorption of its beta and alpha carotene from 3% to 39%. Its newly discovered polyacetylenes, which include falcarinol and falcarindiol, interact with the carotenoids (alpha/beta carotene, lutein) and inhibit the growth of colon cancer cells. They also have strong skin-protecting antioxidant activity. Plus, they have anti-inflammatory and anti-aggregatory properties. Carrot's fibre pectin, detoxifies heavy metals and other aging toxins. Its flavonoid rutin, helps to prevent varicose veins and hemorrhoids. Carrots are also a good source of biotin and other B vitamins, vitamins K and C, fiber, molybdenum, folate, phosphorus, and other minerals.

Researchers at the Jules Stein Institute at the U of California, Los Angeles found that women who consume carrots at least twice a week have lower rates of glaucoma.

China produces one-third of all the world's carrots. Russia is the second largest carrot producer, and the U.S. is the third, with 320,000 tons a year. California produces 80% of all fresh market carrots in the U.S.

Select carrots that are firm, straight, and brightly colored. Dark stem and limp carrots are signs of age.

Store them in the coolest part of the fridge in a plastic bag or container to prevent loss of moisture. Keep them away from fruits and other produce that produce ethylene gas, which will cause them to become bitter. Remove the green tops before storing. Carrots are best consumed raw, lightly steamed, or in soups and will last up to two weeks if properly stored.