

TURKEY VEGETABLE & NOODLE SOUP

INGREDIENTS:

- 2 turkey legs
- 3 qt/3.3 L of pure revitalized or spring water
- 2 carrots
- 2 zucchini
- 1½ cups of *Birds Eye* frozen petite peas; or a quality organic brand
- 4 oz/113 gm *Tinkyada* gluten-free, brown rice fettuccine/Pad Thai; or 1 cup of *Lundberg* gluten-free, elbow or spiral brown rice pasta; or 1 cup of *Ceres* quinoa-rice fusilli; or 1 cup of short grain brown rice
- 1 Tbsp of light grey *Celtic* sea salt
- 2 Tbsp of dried astragalus & nettles; or *Selena's Herbal Blend*
- 1 Tbsp of chopped fresh sage; or 4 shakes of dried sage
- 2 tsp of *Mixed Herb* (marjoram, thyme, sage, & parsley)
- 2 tsp of garlic powder; or 1 chopped clove of garlic
- 1 tsp of turmeric
- 1 tsp of dried red chilli (add more for a spicier taste)
- 2 capfuls of *Omega Nutrition* flax seed oil

DIRECTIONS:

Wash and place the turkey legs in a 3¾ qt/3.5 L pot and fill with water, above the meat. Cover and bring to a boil, then simmer for approximately ½ hour.

Add the garlic, herbs, spices, and sea salt. Adjust to taste. Add more water as needed to keep the meat covered. Cover and simmer for another ½ hour or until the meat is tender.

If using rice fettuccine, break into 3 sections. Cook the fettuccine, elbow/spiral/fusilli pasta, or brown rice in a separate pot.

Wash, peel, and grate (with a large grater) or slice the carrots. Add them to the soup, cover, and simmer for 5 minutes.

Wash and slice the zucchini. Rinse the frozen petite peas in a strainer. Add both of them to the soup, cover, and simmer for 3 min.

Add the cooked fettuccine, elbow/spiral/fusilli pasta, or rice and stir. Pour into the bowls, add 1 capful of flax seed oil in each bowl and serve.

ENJOY this deliciously nutritious soup!

Serves 2 to 3

Use **organic** ingredients
Suitable for ALL blood types

Indigenous to North America, **turkey** is low in fat and high in quality protein; more per gram than chicken or beef. Turkey also contains significant amounts of B vitamins, iron, zinc, phosphorous, and selenium, which is essential for proper thyroid and immune function. Plus, turkey is rich in glutamic acid, which helps to balance blood glucose and combat the ageing effects of stress. Turkey also contains tryptophan, an amino acid needed in the production of serotonin, which is a neurotransmitter that is vital for repairing cells and maintaining a youthful appearance.

Carrots are a rich source of vitamin A, beta and alpha carotene, and potassium, which 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 falcarinol, has strong skin-protecting antioxidant activity. Carrot's fibre pectin, detoxifies heavy metals and other aging toxins. It's flavonoid rutin, helps prevent varicose veins and hemorrhoids.

Originating from the Americas and developed in Italy, the summer squash **zucchini/courgette** is actually a fruit(the swollen ovary) of the zucchini flower. Its potassium, sodium, magnesium, and dietary fiber aid in digestion, help prevent constipation, and balance blood sugar and cholesterol by attaching to bile acids. Zucchini/courgette contains moderate amounts of calcium, manganese, phosphorus, zinc, and vitamins A, B, C, and K. Its coumarins, anti-inflammatory, anti bacterial, and antioxidant properties help protect the heart, brain, skin, joints, and skin.

First grown in the Mediterranean basin and the Himalayan plains of NW India, the nutritious, leguminous **green pea** is rich in fiber, protein, phytonutrients, minerals, and vitamins A, B, C, and K. Peas contain a significant amount of lutein, which helps prevent macular degeneration and lowers the risk of cataracts. Peas have the ability to chelate metals and inhibit linoleic acid oxidation. They compliment soups, gluten-free pasta, rice, and many ethnic recipes. Unless very fresh, frozen petite/baby green peas are preferred for their sweetness, tenderness, and flavor.

Lundberg Family Farms: <http://www.lundberg.com/> 1 530 538-3500

Ceres Organics: <http://www.ceres.co.nz/> + 649 574-0373

Omega Nutrition: <http://www.omeganutrition.com/> 1 800 661-3529

Selina Naturally/Celtic sea salt: www.selinanaturally.com/ 1 800 867-7258

The Vortex Water Revitalizer: <http://www.alivewater.com/> 1 888 644-7754