

# **Soups**

# **Bean & Lentil**

**Millennium 'fireworks'!**  
(funny story)



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# Mr. Goodbar's



# SOUPS

Hello everyone!

I am Spyros Peter Goudas, and I would like you to take a few moments to read this interesting little booklet about Soups.

I do not have to teach you what you already know. For example, that there is breakfast, lunch and dinner, and there are some people who have a bite in between.

Both at lunch or dinner time, there is a word called “aperitif” a very common word in Europe and in English it is referred to as the appetizer.

Of course, there is also dessert which comes after the main meal and which closes the eating cycle.

Nevertheless, there is a chapter somewhere in-between called Soup and many people prefer to ignore it.

Soup is an important part of any diet. It may be served hot or cold and is a delicious liquid that energizes the entire body.

It is excellent as a light meal, complemented with a sandwich, as an appetizer (served before the main course), or as a full-bodied complete meal.

Soup can be eaten at any time of the day or night.

In fact, should you find yourself gaining some weight lately, or your body seems to be getting out of proportion, or the chair seems to be getting smaller, why not escape a few lunches or dinners and get back in shape by enjoying a wonderful cup of soup.

This is just a reminder that my business is to sell food products and without sales I am out of business.

However, I am shocked to realize that there are so many individuals abusing the system of the eating process by constantly overeating.

When I decided to develop my line of soups 15 to 20 years ago, I had two major concerns:

- 1) That there would be no meat ingredients whatsoever.
- 2) To avoid the use of MSG at all costs.

Therefore, my line of Soups are vegetarian in nature.

I would like to tell you something about this MSG product.

MSG is not a spice. It is a sodium salt of glutamate acid.

It is a legal additive provided that it is stated on the label.

Do not take me wrong MSG is one of the great product inventions of a lifetime.

It is a product commonly used in Japan, China, and The Far East that has spread all over the world.

It is a food additive, a flavour enhancer which gives taste to food.

So the food industry came up with a fabulous range of euphemisms for Mono Sodium Glutamate:

Chinese Salt, glutavene, glutacy, white crystal-like powder, glutamic acid, autolyzed yeast extract, calcium caseinate, sodium caseinate, E621

(E620-625 are all glutamates),  
Ajinomoto, Ac'cent Gourmet Powder.

Many companies have used MSG, monosodium glutamate, on a regular basis claiming that it makes the food taste good.

They also say that if MSG is bad for you, why doesn't everyone in Asia have a headache?

In restaurants there is no stipulation regarding admitting to the use of MSG .It is very difficult thing to determine. However, there are people whose body accepts MSG, yet there are others who, upon the first bite of food, realize it contains MSG and may have an immediate reaction.

Now then, let us examine the power of the enhancer within the MSG.

For example, should you want to have a vegetable flavour within the meal, you put 10% of that vegetable, add some MSG and YOU END UP WITH 100% FLAVOUR OF THAT PARTICULAR VEGETABLE.

On the other hand, if you do not add or incorporate MSG to achieve 100% flavour, you simply have to add 100% of that vegetable.

You do not have to be Einstein or a genius to realize that since my soups do not have MSG, that they are the top of the line. No if's, and's or but's.

In my opinion, having been in the business for over 40 years as a producer of 1,000 products from all over the world, the word MSG is not part of my vocabulary.

In fact, the mere thought of the word, gives me goose bumps.

There have been so much controversy regarding MSG and it associate names within research documents, encyclopedias and the internet that this issue makes one wonder what is right and what is wrong.

My aim is to provide my loyal customers with pure goodness.

Certainly, I could make soups which include, MSG, artificial colouring and artificial flavouring very cheaply.

Instead, I choose the rough road, which I believe is the right road, with all natural products to create the best final outcome.

In a few words, it is like home cooking because I believe that there would be some one out there who would appreciate my efforts, with a“Hmm, that tastes good!” response.

It is important for anyone to know that when we make soup, we do not make a big bucket of soup, scoop it into a can, place the cover on, seal and present the product to the supermarket.

The procedure is very different from the above statement.

The reality is that the raw ingredients, which may include vegetable, beans or peas, have to be evenly placed into individual cans, spices are then added in proportion, an appropriate amount of oil, salt and pepper are then combined.

Filtered water is added to fill the can to highest level. The lid is then sealed in place.

So what happens next, you may be wondering?

The cooking procedures are just about to begin. Just a reminder that the products within the can have not been cooked yet. The sealed cans are now ready to be placed in huge ovens called Retorts.

To assist you in understanding the set-up of a canning factory, we have incorporated illustrative photos.

The photos depict the storage area with skids of empty cans.



The next photo is of the huge trays which soak and clean the products to be used. For example, Chick Peas, White Kidney Bean, or any type of product.

The products are placed in these trays over night and filled with water.



During the soaking process Mother Nature separates  
**the good, the bad and the ugly.**

How did I think about this phrase?

I am getting better at 69 years of age!  
I still have my humour.

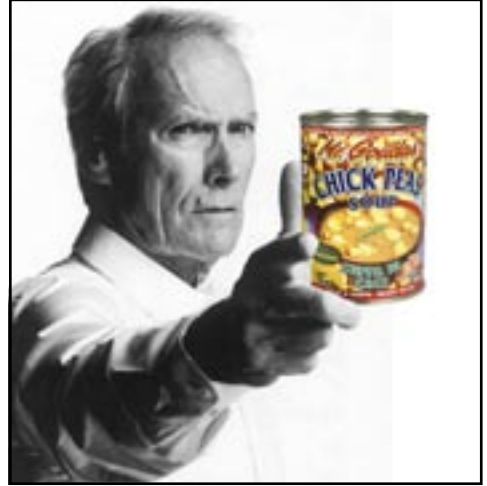
Did this make you smile?

Do you think Clint Eastwood himself will call me personally? I hope so!

I will ask him to take picture with me holding a can one of my soups in his hand. Oh my goodness!

Would that not be nice. Who knows, maybe Clint does eats my line of soups. He looks like a NO MSG guy!

As I was writing this book, my graphic designer, who is as fast as Clint, not with the pistol but with his artwork, presented me with this photo portraying Clint holding a can of my soup.



**Wow, he made my day!**

Now back to the sorting tray.

The stones and heavy foreign material accumulate at the bottom.

Wood and/or similiar light-floating material rise to the top and the good product sits in the middle.

It is important to point out that when farmers worldwide are harvesting beans that they place the beans in huge containers.

Should the country have the facilities, then some companies invest in a machine called a de-stoner, a machine which has the capabily to distinguish the weight proportions of the product and rejects anything heavier, e.g. stones.

Another type of machinery has the



This type of machinery is very good for high production items which do not have any effect after opening.

For example, a can of Chick Peas or Navy Beans, after being rotated thousands of times through that tube, upon opening, the Chick Peas or Navy Bean are still whole and not damaged.



In the Soup Category, the above process would be disastrous due to the fact that if you undertake the same process, the fast movement and rotation would make the product a pulp or puree instead of soup.

As the years passed, along with a few people that I worked with in the industry, we had decided that to fulfill the obligation to make the finest soups in the world with excellent appearance, taste and wholesome ingredients the process has to be on a Stationary Retort which is pictured below.

capability to remove metal objects.

In my years of business I have come to understand that the best machines in the world still may make errors.

Therefore, an expert human eye, as a last resort of precaution, could identify a foreign object that may potentially break someone's tooth.

The above photos show an overview of the plant and the area where the cans are accumulated

In today's technology there are two types of sterilization processes:

Rotary retorts and Stationary retorts.

Although I have mentioned the rotary retort procedure and I possess pictures of other companies' equipment, I do not have the authorization to post them here.

Rotary retorts are tube-like in structure with diameters the size of the cans and with mechanical hands which rotate the cans at high speeds.

By the time the cans pass through the tube, they are exposed to high temperatures which allow for proper sterilization of the contents.

Stationary Retorts work as follows. The cans go to the ovens through a huge tray which holds approximately 1,000 cans. The ovens are heated in a steam process depending upon the product,



anything from 230 to 260 degrees Fahrenheit, and cooked for a selected period of time at heating penetration levels that the products require.

Each product has a different heating penetration temperature requirement, and a different length of time within the retort.

Now then, let us assume that you are cooking soup in a pot.

Unless, you stir up the bottom with a wooden spoon, obviously, some of the products, vegetable or spices, would stick to the bottom of the pot.

Now when you have a can, you need something to stir the contents very, very gently, and to do that within this particular tray of 1,000 cans within the Retort, a mechanism revolves gently the whole skid 360 degrees at approximately one revolution per minute.

This means the ingredients within the can have been gently moved with no possibility of sticking either to the top or to the bottom.

At this point the machine can not detect which is the top and which is the bottom.

At the end of the process, the final outcome is a state-of-the-art product in any of these particular soups:

Nothing ends up being broken, the ingredients are blended evenly, and the heating process has penetrated evenly into the centre of the can thereby allowing proper sterilization.

There have been tests and tests with respect to these soups over the years.

I can assure you that each time a test occurred I have been involved from the beginning to the end process.

Should there be even one (1) degree up in temperature for the length of time in

the Retort, then the lentils, for instance, would be melted out.

Should it be one (1) degree below, then they would be hard to bite.

After each test that I went through, I had other individuals, food critics, friends, business associates and staff give me their opinions.



Changes were implemented until the desired perfection had been achieved.

Of course, over the years I have had people call and tell me that maybe a little more salt is necessary to taste better, but then again, if I add more salt I can not remove it, neither can anyone else.

Bear in mind that a lot of people are unable to tolerate large amounts of salt. Some have said, add a little more pepper, again the same applies. In fact, in one of my books with the title Overweight, I encourage people to refrain from using salt.

Obviously, I cannot please the whole world but I know deep within my heart that I have done everything possible to produce the best soups in the world.

In fact, I do believe that they are in a class of their own.

I have incorporated some photos of my line of soups on the next few pages.

At the moment I would like to mention some interesting facts about dry beans.

## Information on Dry Beans & Peas

Goudas Foods does not just buy beans, beans are actually selected.

This is a very long and arduous process, it is not just packing beans in a bag and shipping them. First, the area has to be identified.

Each bean or pea has a location where it grows best.

That is why we source Lima beans from Peru, our Jumbo Chick Peas from Mexico, Lentils from Winnipeg, Pigeon Peas from Peru, Black Eye Peas from California, Red Lentils from Turkey, Dals from India, Mung Beans from Australia, etc etc.

Once we identify the product and the growing area, we look for the best growers. While there are certain standard processes all growers follow, there are those who go above and beyond, because they take extreme pride in producing the best beans in their area.

These are the growers we go with.

Having selected the location and growers, we then conduct our own inspection of the product.

The bean must have the right size.

We do not select immature or old beans. We look for those that have exactly the right length and diameter, and all the same consistent size.

There should be no broken skin since the appearance of the product is very important, whether you package it or put it in a can.

Goudas Foods Quality Control personnel check the skin in detail to make sure that it is intact.

Under no circumstances does Goudas Foods accept any product that is cracked, split or broken.

Colour: All beans have a characteristic colour that allows people to identify

them properly. We look for the proper colour, which identifies a healthy bean, and we do not accept any blemishes on the skin colouration.

Finish: The bean must be finished with a proper polish to remove dust and particles.

Normally, Goudas Foods has the beans double polished to enhance their appearance and make sure that their full beauty shows through.

Transportation: Beans can be very tender, and they need to be handled properly.

If they are treated in a rough manner, or transported without being adequately protected, they will arrive in a poor state at their destination.

To keep the bean intact, Goudas Foods requires that the beans be transported in air cushioned trucks, with adequate side protection, to keep the load from shifting and also to reduce friction in transit that creates skin defects.

Pest Control: It is astounding how quickly one little egg can generate thousands of bugs and flies.

This is why we ensure that our beans are properly fumigated with environmentally friendly products, and monitored at the warehouse and store levels.

We also make sure that the product is properly stored and aerated to maintain its quality.

As you can appreciate, handling beans is a very intensive, complex and delicate business, and everything must be properly managed and monitored.

Some companies have no concept of the process involving this business.

They think you just put some beans in a can and cook them, without consideration of all these factors, and assume the customer will not know the difference.

Goudas Foods goes to these lengths because this company strives at all times



to make sure that only the best available product is offered to the customers. The company has a reputation in the industry as one of the best bean packers and canners in the world, and now you know why.

Mr. Goudas beans not only look good; they taste good too!

Before we end this subject, we would like to mention the following.

Although we take so many precautions as said above to make the best possible beans, we want the general public to understand that no matter how hard we work to make perfect products, a food preparer should still inspect the beans for extraneous material every single time.

The reason for this is because sometimes the sorting process cannot tell the difference if a stone has the same size and colour as the chickpea, or if a chip of wood looks and has the same characteristics of the common lentil.

The colour-sorting machine cannot identify these differences.

herefore, precaution always must be taken when preparing your food.

It is advisable that you wash, clean, sort, inspect before using any dry beans or pea products. Remember, that you only do this for a small portion at a time, plus it is a good health practice as well. We know we do the best in our processing facilities, however we do not wish to pretend that we are perfect.

On the next few pages, I have revealed a few recipes for soups you may wish to cook yourself.

To my young readers, I can assure you that it a wonderful feeling of accomplishment to create a dish from scratch all by yourself.

But take the next step and enjoy the palate pleasure.

## WHITHE KIDNEY & NORTHERN BEAN SOUP

2 cups of white kidney beans  
2 onions 2-3 carrots 1 potato



2 celery stalks 4-5 cloves of garlic

1 can of Herbs and Spice Tomato

2 bay leaves

Salt and Black Pepper to taste

4-5 tbsp. of Olive or Vegetable Oil

Soak beans overnight. The next day drain and wash thoroughly. In a large casserole 3/4 full, place beans and bring to a boil.

Add potato (cut 3/4 inch thick), carrots, celery (each cut 1/4 inch thick), onions (in 8 pieces), can of herbs and spice tomato, garlic, oil, salt and black pepper to taste.

Continue boiling for approximately 30 - 45 minutes or until tender.

You may add a few pieces of ham or bacon, if you so choose.

1 or 2 tablespoons of Mr. Goudas Trinidad Hot Sauce adds all the flavour in the world. (A small reminder that this hot sauce contains papaya, celery, onions, garlic and parsley).

White Kidney Bean Soup is very nutritious and contains a lot of Fibre, Calcium, Iron, Vitamins A and C, and almost no fat.

In a few words, White Kidney Bean Soup is full of goodness.

According to food historians, White Kidney Beans, or Fasolada as the Greeks call them, have been around since the history of the ancient Greeks, and this dish considered one of the best national dishes.

It is very easy to make, takes little time to prepare, but the results are superb, delicious and tasteful.

This dish is a main course – not a side dish and not an appetizer!

The soup is best served with lots of crusty bread, feta cheese, smoked herring and olives.

Nevertheless, be warned: the acoustic sounds experienced the next day are similar to those of a live concert!!

Please do not laugh, this is a very serious matter!

It is important to let you know that this dish is very simple, and like all good soups made from scratch, it requires some preparation time.

If you have the time, we suggest you make it yourself and enjoy the experience.

However, if time is of essence to you, then, as always, the innovator in the food industry, Mr. Goudas, has brought these bean delights to you, ready-to-eat, right out of the can, simply heat and serve.

They are made to perfection, with lots of love, and NO MSG....from our kitchen to yours. Another example of superb cuisine.

To all our Greek friends: kali orexi  
Which means good appetite

## LENTIL SOUP

### Ingredients

1 lb Lentil peas (any variety)

2 medium or one large onion

4-5 carrots



6 cups of water  
4-5 cloves of garlic  
4-5 tbsp. olive or vegetable oil  
3-4 Bay leaves  
few leaves of Spinach (optional)  
Parmesan Cheese (optional)  
Salt and Black Pepper to taste

Rinse the lentils well in cold water.

Be sure to check for stones and foreign objects (regardless of which brand is purchased).

Peel and roughly chop the carrots and onions. Place the lentils, chopped vegetables, and 6 cups of water in a large pot.

Add bay leaves (this will make all the difference in the world), and bring slowly to a boil. Add 2 tsp of tomatoe paste option

Reduce heat and simmer gently for about 25 to 30 minutes, or until the carrots are cooked but still firm.

Remove from heat and allow the soup to cool for 10-15 minutes, if possible, before eating.

A nice bowl of Lentil Soup should be complemented with fresh bread, cheese and some olives.

There are 3 varieties of Lentils:

Laird which is quite large in size, but it does not have enough thickness or body. It is very easy to cook but melts into pulp quickly.

Richlea which is medium sized and will hold the body and retains its size after cooking.

Eston which is very small in size and also retains its body after cooking.

The greenness of the peas indicates that it is the current years' crop.

The brown ones indicate last year or the year before. (Some cultures prefer the brown colour believing that the taste is better. This is a matter of opinion).

The mix colour peas indicate that the packer attempted to sell old inventory with the new.

This is a very simple recipe and

should be attempted by everyone. Lentil soup is very nutritious and is an ideal meal especially on a cold day.

Upon searching for a Lentil Soup recipe on the internet, you will find that there are endless variations in the method of preparation.

Some include as ingredient requirements bacon, pork hocs, chicken broth, beef bones, etc., etc.

Our recipe is simple and tasty. Any of the above additions will spoil its simplicity.

If this recipe still appears to be too difficult for you, we suggest that you simply open a can of Mr. Goudas Lentil Soup, made from fresh ingredients (not dehydrated), and most importantly, contains NO MSG. Just heat and serve.

Lentil Soup is a source of Fibre, Iron, Vitamins A and C. In a few words it is a very goody, goody soup!

Good luck and enjoy each spoonful.

We would like to tell you in the next two articles some fascinating stories. The first one is a fascinating story about how Peter and his sister entered into the new millenium, and the next one is a story about canned soups. Let's start with the fireworks.

## CHICK PEAS SOUP

1 lb Chick Peas 1 teaspoon Baking Soda 2 onions 2 tablespoons Olive Oil 1 teaspoon Parsley flakes 1 lemon, Salt and Pepper to taste 1 tablespoon Mr. Goudas Trinidad Hot Sauce.

Soak chick peas overnight in water with baking soda.

The next day, drain off water and thoroughly rinse them also check for stones or any foreign objects.

In a medium sized pot filled with 2/3 water, add chick peas, cover and bring to a boil. Reduce heat to medium and continue boiling for approximately 30 to 45 minutes.

## CABBAGE SOUP

We would like to give you the directions for creating homemade cabbage soup. It is actually quite simple.

You may add pieces of your favourite meat or bacon, if you so choose.

- 1 small head green cabbage, coarsly shredded
- 2 medium onions, thinly sliced
- 3 tbsp butter or vegetable oil
- 2 carrots, sliced
- 2 medium potatoes, peeled & cubed
- 1 stalk celery, leaves sliced
- 1/4 cup rice - any variety
- 2 tomatoes, chopped
- 1/2 to 1 teaspoon dried dill weed
- salt & pepper 1/8 cup vinegar

Feel free to add more spices and chili pepper if you wish to “spice up” the flavour.

Place cabbage, onions, carrots, potatoes, rice and tomatoes in a pot. Add enough water to cover generously.

Cook at medium level until the cabbage is faded and the water has turned bright purple in colour.



Chop the onions into wedges and add together with the olive oil, hot sauce, parsley, the juice of 1 lemon, salt and pepper to taste.

At this point, you may remove a spoonful of chick peas and transfer them to a plate. Using a fork, crush them and

return the ground chick peas to the pot. This adds thickness to the soup.

Reduce heat and allow to simmer for an additional 30 minutes or until chick peas are tender to your taste.

Remove from heat. Serve with lemon slices, fresh bread, Feta Cheese and olives.

This is a very simple method of preparing this wonderful dish and I suggest that sometimes you give it a try.

However, if you are feeling a little under the weather, or time is of essence, then I suggest that you open a can of Mr. Goudas Chick Peas Soup, which does not contain any MSG. Heat it up, serve and enjoy!

The above are a few suggestions for using Chick Peas.



Add the vinegar (additional spices), and continue cooking at the low level until it is cooked to your satisfaction.

Oh my goodness!

I do not have enough space to give you any more recipes. I got carried away

with the good, the bad and the ugly.

A wonderful story written in my biography somewhere which refers to the so-called Millineum Bug.

That was supposed to affect all computers at the end of the last century.

Since beans have a lot to do with the story, it is revealed the next page.



## Millennium ‘Fireworks’! (Funny Story)



On New Year’s Eve, the last hours of 1999, Peter and his sister Marina got together to celebrate the entry of the new Millennium.

Mr. Goudas planned to enter the new Millennium in the office, because he wanted to ensure that the Millennium bug did not affect his operations.

We were all warned in advance of the Millennium bug, and the possibility of shutting down computer systems, and state of the art computerized production machinery.

Some time ago he told his sister that he was planning celebrations at the office, although, many respectable organizations and embassies invited him to their celebrations. Peter had requested his sister to make a traditional Greek plate by the name “fasolada”.

When his sister showed up with the fasolada (white kidney beans soup) that she had already made, along with other foods that accompany fasolada such as herring, feta cheese, calamata olives, Greek bread, and green onions, he started celebrating while slowly bringing these foods together.

Quickly emptying one dish after another, the two of them were sitting in front of the TV, watching millennium celebrations throughout the world, and talking to each-other.

Every hour, another part of the world enters the millennium, and the TV shows how people are dancing happily to loud music, hugging and kissing, and yelling out “Happy New Year”, while dazzling and colorful fireworks in the sky add more loudness to the celebration.

A couple of hours after midnight, Peter discovers to his surprise that the pan with the fasolada was almost empty.

They had really enjoyed those beans,

and this enjoyment started to gradually bring even more surprises that made Peter and Marina giggle at first, and then burst into laughter.



You see, despite the loud sounding fireworks in the sky around the world, Peter and Marina may have enjoyed more surprising sounds, after the effects of the fasolada, which provided the loudest sounds of them all!

We hope you had fun reading the above story!



The above photo was taken 1999.

I have come to the end of this book. It has become a great pleasure and a very relaxing time for me preparing these booklets which I hope you, my loyal customers find them interesting, informative, humourous and helpful.

In the last decade, and since I wrote my intial story about my pets, Koukla (the French Poodle), Irma (the Irish Set-

ter) and Tiger (the cat), I have realized that my customers, friends and supporters have loved reading my material.

So far (2011), I have written 48 books, including my biography, The Immigrant. plus over 200 recipes. Not all my books are about food recipes. For instance, The Canada Geese Story is a detailed account of a wonderful summer I spent getting acquainted with these birds.

To many, it is the best book written about this great Canadian treasure.

The book, Miracles Still Do Happen, has become an inspiration to thousands of people and according to many, a spiritual experience. It reflects a period of time that the simple and spontaneous action of sneezing almost paralyzed me for more than three years with pain in my back, floaters in my eyes, unable to walk or drive.

Most of my books have been translated into several languages by friends, or customers and supporters like you.

Lately, you may view these booklets in the comfort of your own home on the website: [www.mrgoudasbooks.com](http://www.mrgoudasbooks.com).

Thank you for your continued loyalty and support.

Below is a current photo of me with snooooowww on my head.

Regards, Spyros Peter Goudas



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