

# Diabetes Superfood

## Soup

# Recipes!

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# INTRODUCTION

**Yes, You Can Eat to Reverse Diabetes with These Delicious Recipes!**



## Quick and Easy Recipes for Your Busy Life!

I am well aware that we are not all master chefs, nor do we have the time to spend hours preparing food, so I made these recipes to be quick and easy. We all like to eat healthy, great tasting food and delicious dishes with the least time and effort. So quick and easy is how these recipes were put together.

But, since everyone's tastes are different, feel free to change or 'tweak' the recipes as much as you want to taste the way you want them to taste. Often, that's half the fun of a new recipe—adapting it to the way you like best.

Growing up, I was fortunate to have parents who were 'foodies' before their time. We ate a large variety of foods from different ethnicities, and

I learned to love and enjoy healthy food. We also had a large garden that produced wonderful Midwestern United States produce like zucchini, green beans, baby lettuce, cucumbers, beets, carrots, tomatoes, peas, asparagus, sweet peppers and hot peppers and many different herbs like fresh basil, parsley, and dill.

The difference between eating a freshly picked tomato, still warm from the sunshine and eating one that came from a grocery store, grown in a hothouse is dramatic. They could be two totally different foods! And, while I never could stomach the canned spinach that was served with our school lunches, there was nothing more flavorful, sweet and full of nutrients as fresh picked sautéed spinach, sprinkled with some fresh lemon juice, butter, salt and pepper.

This is where I learned my love for real, fresh, and local foods. There simply is no comparison to foods grown on industrial farms, canned, frozen or otherwise processed, then shipped thousands of miles to show up on a grocery store shelf. This is what I want you to understand and learn about enjoying healthful, REAL food. It's absolutely amazing! And it feels good to your body to eat such powerful, nutrient-rich superfood too. This is how you heal or possibly reverse diabetes and many other health issues as well.

I want you to embrace healthy eating and think about food this way:

***What you eat either helps or harms your body. Let everything you put in your mouth be food or drink that promotes the most optimal health and has the most nutrition possible.***

Eating a healthy diet does not have to be boring or repetitive. While you may think making the change to a natural, clean way of eating leaves you with limited choices, in reality, there are an overwhelming amount of delicious healthy, choices. And as you move into healthier eating, you may find that your tastes gravitate towards REAL food as opposed to packaged, processed, sweetened foods that may have made up your diet prior to making these major life changes.



Eating for your health, and to maintain a healthy blood sugar balance can mean you get to really enjoy and eat satisfying and delicious foods!

We'll show you how to make quick and easy, healthy and delightful meals and snacks with this book!

The best way to do this is by following a diet similar to our ancestors, going even as far back as our Paleolithic ancestors. Rich, nutrient-dense foods like grass-fed, naturally raised meats, wild caught fishes, raw dairy, and plenty of healthy, satisfying fats like grass fed butter, extra virgin olive oil, avocados, nuts, nut butters and extra virgin coconut oil can even be part of your delicious anti-aging nutrition plan.

The best diet consists of fresh, unprocessed foods with ingredients you can recognize; raised or grown as naturally as possible.

This is a 'REAL food' diet. REAL food that is REALLY good for your body and your mind.

We are going to eliminate those fake, processed "diet" convenience foods: frozen, packaged, processed "weight loss" dinners, artificial sweeteners, sugar-laden yogurt, processed 'energy bars', soy products, fake meat products (usually made with processed soy), diet shakes, and more. These items are not real food! This is artificial food that is fooling you and your body, and adversely affecting your hormones and internal biochemistry. This food usually ends up making you addicted to it—making you gain weight, and ruining your health!

Real food usually contains just **one ingredient**, or it can be combination of one-ingredient foods—foods you can easily identify. The way nature made it. But while these natural foods contain only one ingredient, they are actually jam-packed with tens of thousands of vital nutrients your body needs and craves. And when you feed your body what it really craves--real nutrition—your cravings for junk food go away. You feel satisfied. And your good health returns!

You will notice that when you eat this way, you actually have more energy and feel great. Many of your chronic health problems may totally disappear—including diabetes and more.

You will look younger. You will feel younger. And you will be younger, physiologically and biologically.

Consider this: You may think you are eating nutritious foods when you eat whole wheat bread, pasta, whole grain crackers, etc. Even “whole grain” foods are high glycemic carbohydrates, and they cause your blood sugar to go up. These so-called ‘complex’ carbohydrates just release their sugar into your body more slowly than refined carbohydrates, but in the end, all these carbohydrates are just the same in your body—**sugar**.

High glycemic foods that raise your blood sugar can lead to diabetes and pre-diabetes, and also the formation of AGE’s (advanced glycation end products) inside your body, contributing to inflammation, oxidation, chronic disease and accelerated aging.

Each recipe in this book is not only very nutritious, but the recipes mostly contain foods that are virtual ‘superfoods’. Superfoods are those foods that contain the highest concentrations of anti-aging vitamins, minerals, anti-inflammatory ingredients, antioxidants and other nutrients such as ‘phytochemicals’ that make them, bite for bite, the most nutritious foods you can possibly eat.

These spectacular foods, spices and herbs are almost medicinal in their ability to reverse your diabetes, balance and maintain stable blood sugar, but also to:

- burn fat
- increase muscle
- keep you looking and feeling young
- strengthen the immune system

- fight cancer
- help mental concentration and mood
- make your heart healthy
- help you to breathe better
- sleep more restfully
- see better
- and feel great—all over!

This is NOT dieting, this is a healthy, lean lifestyle with delicious recipes for meals and snacks you can eat day after day, and never feel deprived, or that you are missing out on delicious, satisfying food. This is delicious, satisfying food.

***Healthy Food is Your Weapon to Fight and Reverse Disease, Lose Weight, Conquer Your Cravings, Improve Your Moods, and Bring You to Optimal Health.***

You probably already know about the amazing health benefits of antioxidant-rich foods in your diet. Antioxidants contain free-radical fighting phytochemicals that not only help you look and feel younger, but they are incredibly protective of your overall health as well.

In fact, it is thought one of the primary factors in developing disease has to do with a lack of important nutrients and a depletion of the powerful antioxidants that help fight disease and imbalance in the body.

Included in this book are tons of antioxidant-rich, nutrient dense foods like brightly colored vegetables, nuts, seeds, squash, beans, dark chocolate, naturally-raised meats and plenty of herbs and spices, all combined in new and exciting ways that you will love.

There are literally ***thousands*** of other beneficial 'phytochemicals' (plant-based, health-boosting natural chemical compounds), that help to



reverse diabetes, burn fat and give you more energy, and fight off other diseases like heart disease, kidney disease, nerve disease and diseases that affect your eyes. What's more, they contribute to your health in an infinite number of ways.

These recipes contain combinations of the best REAL one-ingredient foods, herbs and spices to make the most delicious meals and snacks you have ever had. Everything is low-glycemic and excellent to help balance and maintain a low blood sugar level.

I have included important information about one or more of the main ingredients, in each recipe, so you will know exactly what these super-powered ingredients can do for your health!

Rest assured that every bite of every recipe is packed with the healthiest diabetes-reversing nutrition, metabolism-boosting, fat burning energy, and good for you in a hundred different ways. And what's more—they are absolutely delicious!

Enjoy creating these wonderful dishes and share them with loved ones, friends, and family! After all, good food is meant to be shared with good company!

## A Few Words About Food Allergies, from Catherine

**Recipes are: Gluten free, corn free, dairy free, soy free and many are also nut/peanut free recipes**

I have some of the most common food allergies—and some of those can be pretty serious. I have learned how to adapt most recipes to be free of the above allergens—which by the way, are some of the most common food allergies.

I also think that avoiding wheat, corn, and soy is a healthy dietary choice for many of the reasons I outlined in the Diabetes Fix book. They are often genetically modified, over processed, and are highly inflammatory to most everyone—allergies or not. These foods are in no way necessary in the human diet and often contain 'anti-nutrients' instead of adding real nutrition.

Gluten is a substance that is part of wheat, barley, and rye grains and can often cause stomach upset, bloating, gas, nutritional deficiencies, and chronic inflammation, and contribute to blood sugar increases. Even if you do not have full-blown celiac disease, you may still be sensitive to the gluten in grains, and some sources estimate that almost a third of the population has some degree of gluten sensitivity. My personal take on this is if you have some type of gluten sensitivity, you most likely have a form of celiac disease. I think gluten in general, should just be avoided.

The other important thing about avoiding gluten is that if you have any kind of sensitivity, gluten contributes to inflammation. Increased inflammation can lead to increased risk of disease, including diabetes.

Many people do not even realize they have sensitivity to gluten, but often find they lose weight, have more stable blood sugar, digest food better, sleep better, poop better, and even feel more emotionally stable and happy, as soon as gluten is removed from their diets.

Corn is to be avoided as well. Corn is almost always genetically modified, and also contains its own natural toxins and nutrient-

blocking ingredients (anti-nutrients). Corn can quickly cause a rise in blood sugar, and most definitely causes weight gain—and is a big contributor to diabetes. Countries and cultures that use large amounts of corn in their diets generally have high numbers of obesity and diabetes.

Corn is also a very irritating allergen, and is one of the most common food allergies. Beware the many disguised ways corn is added to prepared foods. Often it is in the form of corn syrup or high fructose corn syrup, but can also be corn starch, modified food starch, dextrose, maize, corn flour and more. The most commonly used form of corn in the form of corn syrup or high fructose corn syrup is a known contributor to diabetes, obesity, fatty liver disease, chronic inflammation, high blood pressure, and heart disease. About 80-85% of packaged food and drinks usually contain corn in some form or another. Take a look around your grocery store and see what I mean!

Soy is another crop is most often genetically modified, full of toxic and nutrient blocking substances—and hormone-disrupting phytochemicals. Soy's phytoestrogens and xenoestrogens will screw up your own natural hormone balance, and even cause some men to start developing hormonal problems such as "man boobs", low testosterone, impotence and more.

Soy blocks thyroid function, which causes hypothyroid (low thyroid) symptoms, including weight gain and fatigue.

And soy contains anti-nutrients that actually block the body's ability to use important nutrients like zinc, calcium, magnesium and iron, leaving you with serious deficiencies.

And—all of the above grains and soy are doused with the chemical glyphosate causing serious health issues, including an increased risk of disease, loss of your protective bacterial biome in your gut, inflammation, increased risk of cancer and increased risk of allergies.



What about dairy products?

Personally, I am allergic to pasteurized, processed dairy products, as are many other people. Pasteurized dairy is one of the most common food sensitivities or allergies, even though some people may be eating or drinking it every day and not know they have an intolerance to it. This is more than lactose intolerance, which a certain degree of the population has—this is more of a true allergic reaction to the protein molecule of dairy.



Vital nutrients, are destroyed when milk is pasteurized, and that white liquid you are buying from the grocery store is loaded with growth hormones, antibiotics (and pus!) and not the nutritious, wholesome food you thought it was. (Read the chapter I wrote on milk in [The Fat Burning Kitchen](#)).

Raw, unpasteurized, grass-fed dairy is better if you are going to eat dairy products. Many people who have an intolerance to pasteurized dairy do not have the same digestive issues with raw dairy. The heat from pasteurization changes the protein molecule of milk, and it then becomes more difficult to digest. However, raw dairy from a clean, local grass-fed dairy is safer and cleaner and easier to digest than the pasteurized products you see on your grocery store shelves.

Raw WHOLE dairy also contains a very important type of fat-burning, health-protective fat called CLA, or conjugated linoleic acid. And if it's grass fed milk, you get up to five times as much of this healthy fat-burning fat, along with more omega 3 fats, and a very important vitamin, vitamin K2, which cannot be found in anything other than the milk of grass fed animals. Vitamin K2 is actually vital to get calcium into bones and teeth where it is needed.

**Mike's Note:** You're probably aware of the controversy in recent years about raw milk. The government tries to vilify raw milk and claim that it

is “dangerous”, despite humans using this nutritious food source for thousands of years, and the fact that milk from grass-fed cows is generally MUCH safer and healthier than grain-fed milk. On a personal note, I’ve been drinking raw milk for over 10 years, and my family and I have NEVER once gotten sick, despite the government claiming it’s “dangerous”. If you eat dairy at all, ultimately, it’s up to you to research and decide for yourself if you want to go the nutritious route of raw milk vs conventional pasteurized milk at most stores. Go to [realmilk.com](http://realmilk.com) to see more info about raw milk and also find locations to obtain it.

***Most of these recipes are dairy-free or dairy optional, so if you avoid dairy, you will still be able to enjoy all the great-tasting dishes, without missing a thing!***

# What You Need to Know About Herbs and Spices



Don't be intimidated when you see lots of ingredients in a recipe--most of the time, many of those ingredients are just herbs and spices. While many of these seasonings are optional, I recommend that you add as much as you can--as often as you can!

Every time you flavor your meals with herbs or spices you supercharge your food without adding a single calorie! You can transform ordinary and bland dishes into something delicious and exciting, simply by adding herbs and spices.

Herbs and spices contain ingredients that are as powerful as many medicines used to treat diabetes. And they are natural, so there's less chance of adverse reactions to herbs and spices.

Herbs and spices contain some of the most potent antioxidants of any foods! In fact, many herbs and spices rank even higher in antioxidant activity than fruits and vegetables! Combined with other foods, they actually boost the natural antioxidant and anti-inflammatory power of the food exponentially!



**Many spices and herbs actually have medicinal value-** Scientific studies show that herbs and spices can actually work as well or better than some medications for certain health issues—including diabetes.

One study of people with Type 2 Diabetes found that as little as two teaspoons of cinnamon a day would significantly reduce blood sugar levels—almost as well as insulin—and also lowered LDL cholesterol and triglyceride levels.

Researchers found that the active ingredient in turmeric (curcumin) is effective at slowing or stopping the harmful inflammation that is associated with diabetes. And curcumin has also been proven as effective as ibuprofen for treating pain and inflammation.

Researchers at Penn State reported that adding two tablespoons of a spice mixture (rosemary, oregano, cinnamon, turmeric, black pepper, cloves and garlic) to meals cut triglycerides by as much as 30%.

Cumin seeds also have a unique ability to keep blood glucose in check. Researchers compared the effects of cumin and a commonly used diabetic drug and found that the cumin worked as well as the diabetic drug regulating insulin and glycogen, and worked even better at protecting the kidneys and pancreas.

Herbs and spices are **thermogenic**, which means they naturally help to increase metabolism, partly because they are so nutrient-dense. Some spices are also good at regulating blood sugar and controlling insulin. When your blood sugar is well controlled, you are more likely to burn fat and store calories as excess weight.

*(Check with your physician to be sure they don't interfere with any medications you are taking—and always check with your doctor before you quit any of your current medications.)*

Here are some other health benefits of some of the most popular herbs and spices:

- Cayenne, coriander and cinnamon help to regulate insulin and burn fat.
- Cumin, turmeric, rosemary, basil and sage are anti-inflammatory
- Lemon grass, nutmeg, bay leaves and saffron have a calming effect.
- Turmeric fights inflammation, cancer and Alzheimer's disease.
- Oregano is anti-fungal, antibacterial.
- Garlic, mustard seed and chicory are excellent for the heart.
- Basil and thyme make your skin softer and smoother.
- Turmeric, garlic, basil, cinnamon, thyme, saffron, garlic and ginger boost the immune system and help fight infections.
- Coriander, rosemary, cayenne, allspice and black pepper help banish depression.



**These spices contain the *most* antioxidants and super-nutrients—use often and use liberally:**

- Turmeric
- Basil
- Cumin
- Cayenne and Red Pepper flakes

- Cloves
- Cinnamon or its cousin Cassia (often used instead of real cinnamon)
- Nutmeg
- Oregano
- Ginger
- Marjoram
- Sage
- Thyme

Enjoy, and spice up your life a bit!



### **Delicious, Satisfying Foods included in these Recipes:**

- **Grass Fed Beef**
- **Wild Caught Fish—especially salmon, sardines, cod and halibut**
- **Free Range Pastured Poultry**
- **Healthy Fats—coconut oil, grassfed butter, extra virgin olive oil, avocado oil, nuts**
- **Vegetables**
- **Avocados**
- **Nuts**
- **Berries—Cherries, Strawberries, Blueberries, Raspberries, Blackberries**
- **Unsweetened Coconut**

## **DELICIOUS RECIPES THAT RESET YOUR BODY AND BLOOD SUGAR**

These recipes have you eating plenty of satisfying, low glycemic, high quality proteins, healthy fats, fresh, organic vegetables, with a few delicious, low glycemic fruits.

What's more, these meals help to serve as a detox diet for your body from sugars, starches, chemicals, preservatives, and inflammatory foods, so that you can start to reset your metabolism.

This is where we will help you break the addictions to sugar and starchy foods. While this may seem a bit difficult at first, after about 3-5 days, you will find those unhealthy cravings start to go away. If you find you crave sugary or starchy foods, try these two things:

- Drink plenty of water—Often when you think you are hungry or have the munchies, you need to drink water. Drinking water also helps you feel more full and satisfied.
- Eat protein—Protein satisfies hunger without causing changes in blood sugar. In fact, it helps to stabilize blood sugar.

- Take magnesium. Magnesium deficiencies often make you crave chocolate or sweets.

If at all possible, prepare and eat most all of your meals from home. This way you can control what you eat. If you need to, pack a lunch or snacks for work or anytime you may be out, so that you will not get off track by eating out at restaurants with all the temptations available. Pack a small cooler for the car if you have a lot of errands or driving to do—this will keep you from being tempted by fast food restaurants when hunger strikes. Fill it up with healthy snacks and keep nuts on hand to snack on whenever the munchies strike you.

You may eat three satisfying meals full of protein, healthy fats, and lots of low glycemic, filling vegetables—as well as two healthy snacks—if you desire. You might be surprised to find out that as your blood sugar levels go down you will not be as hungry all the time.

Most vegetables, meat, fish, and healthy fats are naturally low glycemic. There are a few low-carb, low glycemic fruits that include raspberries, strawberries, blueberries, and blackberries, but generally you should avoid fruit until your blood sugar is under control.

Do your best to find grass-fed meat and wild-caught, naturally raised fish and chicken, and free-range, pastured eggs. While these types of protein may be harder to find, they contain more of the healthy, fat-burning, blood sugar stabilizing, anti-inflammatory Omega 3 fats, conjugated linoleic acid, and less of the toxins of regular factory farmed foods. Most farmers' markets and health food stores carry naturally raised meat, poultry and fish—as well as ample supplies of delicious, locally grown, nutrient-dense veggies!

This is a 'cold-turkey' approach—and while it may seem harsh—it is nearly impossible to 'cut back' on these foods. Cutting back on sugar is like telling an alcoholic to drink less. It just doesn't work. There is no 'eating in moderation' here. Food addictions are very similar to drug and alcohol addictions, and 'cutting back' only feeds your addiction, makes you crave it more, and makes it worse.

You can DO this!

The benefits of this diet go beyond lowering your blood sugar:

- The constant craving for carbs and sugar goes away.
- You lose weight quickly and without really trying. (6-10 lbs. on average)
- Your pancreas gets a much-needed rest from supplying insulin constantly.
- Your body resets itself and you begin to crave healthier foods.

*Again, be sure to let your doctor know you are starting on a low carb, low glycemic diet to naturally and safely lower your blood sugar.*

**Foods to omit until blood sugar is under control--**

- **All Grains and Gluten**
- **All Sugars and Foods Containing Sugars**
- **Dairy Products**
- **Processed, Packaged Foods**
- **Sweetened Beverages, Including (100%) Fruit Juices**
- **Starchy Vegetables**
- **Moderate to High Glycemic Fruits**

After the initial few days of adjustment, not only will your blood sugar start to level off, but your appetite will decrease and you will find these recipes to be very satisfying and delicious.

The other great thing you may notice about the Diabetes Fix diet is that you will lose weight effortlessly—often a significant amount in the first week or so!

Without the constant supply of glucose-producing foods, your body will learn to burn fat for energy, and will become very proficient at this over time.

Once your *fasting blood sugar* stabilizes under 100, (allow yourself 2 weeks—or more if necessary) you may advance to recipes with some complex carbohydrates, along with more varieties of fruit—along with more delicious desserts.

## **Vegetarian Recipes**

I am not a big fan of strictly vegan or vegetarian diets—I think our bodies need some complete protein/fats and the extra bioavailable nutrients that animal protein sources provide. However, I do think that a diet that is about 75% plant based, vegetarian is very healthy—as long as you add in some animal proteins and healthy fats a few days a week.

If you are vegetarian or vegan because of personal beliefs, religious or cultural beliefs or for the environment, I have included a few vegetarian recipes for you as well.

By combining incomplete plant proteins with other foods—cheese, eggs or fish—you increase the protein availability in your diet. If you are a vegan, you must combine foods such as: legumes with grains and/or seeds to get the correct combination of amino acids necessary for your health.

BUT for one—this makes it hard to get complete protein this way; and two—most protein foods that vegans eat are grains and starches, leading to high blood sugar, and, three—vegans miss out on some vital nutrients: bioavailable iron, zinc, calcium, B12, healthy saturated fats, omega 3 fats, and bioavailable proteins. Many of use cannot break down plant foods into the usable nutrients our bodies need. A perfect example of this is iron. While iron is present in many plant-based

foods, our bodies need 'hemi-iron' which comes only from red meat. Lots of people (me included) cannot get the necessary iron any other way than to eat red meat, no matter how much spinach and kale I consume!

One other consideration—many legumes like soy, actually contain 'anti-nutrients' which block the body's ability to digest and break down nutrients. While many people have very legitimate reasons to become and stay vegetarian, it may be worth considering adding meat, fish, or eggs to your diet if you are having trouble keeping your blood sugar stable on a vegetarian diet.



***Don't forget to drink copious amounts of water or other non-sweetened beverages. Try these if you aren't good at just drinking plain water:***

- 1. Make your own flavored water with cut up cucumber, limes, lemons, oranges, strawberries, raspberries, mint, basil, etc. Cut up and allow to sit for a while to flavor water.***
- 2. Sparkling mineral water with or without fruit added***
- 3. Green or black tea, hot or on ice***
- 4. Herb tea, hot or on ice***

# SOUPS



Soups are one of the best ways to get health-promoting herbs and spices into your diet. Many herbs and spices have medicinal properties that assist in helping your body control blood sugar, and are packed with antioxidants!

Soups heal, nourish and soothe, and are the ideal 'comfort' food. There is nothing better than a hot, steaming bowl of soup on a cold, cloudy day. Making soup is actually easy and not an exact science. You can make your own variations on each recipe, according to your own tastes and preferences.

Supercharge the nutrition in your soups with: bok choy, kale, mustard greens, spinach, collard greens, Swiss chard, kallaloo, and other greens. These dark green leafy vegetables are some of the most nutrient-dense foods on earth! Try this great idea from Mike:

Take a handful of greens, in any combination and add them to the soup while it's cooking. After it simmers for a while, remove greens with a strainer, and blend in a blender, until smooth, then add back to soup. Even if you are not a big fan of greens, when pureed and blended in the soup, they add delicious texture and TONS of extra nutrients! Plus, pureed greens are easily digested and absorbed too. Works great with kiddos—you can sneak more greens into their meals without them even knowing!



# White Chicken Chili



A delicious variation of regular chili that is lighter and uses chicken instead of beef. This particular recipe tastes especially good with generous amounts of cumin and with the health benefits cumin adds, you will enjoy it even more!

Cumin, like cinnamon, helps keep blood sugar levels stable, which means cumin is great for diabetics or pre-diabetics, and it means less chance of weight gain and excess body fat. Cumin has been proven to work as well as some commonly used diabetic drugs at regulating insulin and glycogen.

Cumin seeds also stimulate the secretion of pancreatic enzymes necessary for optimal digestion of proteins, fats and carbohydrates, which helps your body utilize nutrients in the food you eat. Cumin also has anti-cancer properties as well. In one study, cumin was shown to protect against stomach or liver tumors.

Cumin is also a very good source of iron, vitamin C and vitamin A, which benefit the immune system. Add cumin liberally to this recipe and enjoy its healthy benefits!

## Ingredients

- 2 lbs. organic chicken breasts, or boneless skinless thigh meat
- 1-2 Tbsp extra virgin olive oil
- 2 cloves of garlic, minced
- 1 can white or pinto beans
- 2 medium onions, diced
- 1 small can mild green chili peppers, chopped
- 1 cup chopped fresh cilantro
- 2 cups chicken stock or more or less to taste
- 2-4 tsp cumin powder
- 1 tsp chili powder
- Sea salt and pepper
- Red pepper flakes, if desired

## Directions

Cook chicken in large soup pan in extra virgin olive oil with garlic and onions.

Remove the chicken from the pan and allow it to cool. When cool, shred with a fork.

Add all ingredients to a large pan and simmer over medium low heat. Cook for about 30 minutes or more, stirring occasionally. Garnish with avocado slices and a generous handful of cilantro. Serves 4 or more.

# The Best Superfood Chili Ever



I like to add some unexpected ingredients into my chili recipe, not only for a taste sensation, but to increase the nutrient and antioxidant punch. People always rave about this chili—it's a proven crowd pleaser, and you can adjust the seasonings for a milder or spicier version. I like LOTS of seasoning—especially because of their health benefits! This chili is similar to a Cincinnati-style chili, and the added spices and 'secret ingredients' add a massive amount of healthy, fat burning antioxidants.

The cumin stimulates pancreatic enzymes helping your digestion. Cumin also contains iron--and it has powerful antioxidant properties as well. And newest research shows that cumin may have a unique power to keep blood glucose in check, adding to its fat burning potential.

Oregano contains thymol and rosmarinic that are also very potent antioxidants. So potent that it has 42 times more antioxidant activity than apples, 30 times more than potatoes, 12 times more than oranges and 4 times more than blueberries. Oregano also has anti-bacterial properties, as well as providing vitamin K, iron and manganese, an often overlooked but essential trace mineral.

For Phase 2, you may add two cans of beans.

*Cinnamon* can lower LDL (the bad kind) cholesterol, lowers blood sugar, (which means you stay in fat burning mode!), fights certain types of cancer, and helps prevent harmful blood clots.

Chocolate powder is chock full of flavonoids, antioxidants that benefit your heart and your body. It also contains a rich source of magnesium, a mineral the majority of people are deficient in. The serotonin and other phytochemicals in chocolate also have a calming effect on mood and lift depression. And the red chili peppers help you burn fat, raise the metabolism, open up the blood vessels, fight inflammation, and lift mood.

On top of all that you have the super healthy fats in the grass fed beef, the lycopene in tomatoes (known for its cancer fighting ability), and the anti-inflammatory and immune strengthening power of the onions and garlic.

So you see—how can you not feel GREAT when you eat this chili?

## **Ingredients**

- 1 lb of grass fed ground beef, or beef stew meat, chopped in small pieces
- 1-2 Tbsp of extra virgin olive oil
- 1 medium red onion chopped
- 2 or 3 cloves of garlic chopped
- 1 small can of mild green chilies, chopped
- 2 Tbsp of cumin, or more to taste
- 2-4 Tbsp of chili powder
- 1 Tbsp of oregano
- 1 Tbsp of cinnamon

- 2 tsp of unsweetened organic cocoa
- 1 can of crushed fire roasted organic tomatoes
- 1 to 2 cups of water
- 1 14 oz can of kidney beans, black beans or pinto beans
- 1-2 Tbsp of Frank's red-hot sauce
- ½ to 1 tsp of sugar
- Red pepper flakes to taste (be careful, this gets hotter as it cooks!)
- Sea salt and red pepper flakes to taste

## Directions

Brown meat over medium heat and add in onions, garlic, salt, cumin and chili pepper when meat is almost cooked. Add in rest of ingredients, and simmer over low heat, 1-2 hours, stirring occasionally. Adjust seasonings to taste, keeping in mind that red pepper flakes pick up heat and intensity as they cook.

Garnish with avocado slices and a big handful of chopped cilantro. Phase 2 may add a small amount of raw, grass fed cheese (if you tolerate dairy). Serves about 4.

Note: This is great for leftovers and tastes even better when it's reheated as a leftover. The flavors and spices all mingle together and become richer and tastier.

If you really like your chili served over noodles, try it with spaghetti squash instead, for a gluten free, grain-free version. (Slice a spaghetti squash in half, scrape out seeds and bake, cut side down in ½ " water in shallow pan covered foil, 30-40 minutes in oven at 375 degrees F. Scrape out "spaghetti with a fork.) Voila! Chili Mac the healthy way.



# Hearty Vegetable Beef Soup



This is one of those soups you can make in a variety of ways, using whatever fresh ingredients are available and in season at the time. It is chock full of potent antioxidants, phytochemicals, and anti-inflammatory compounds. And it's healthy, warming and delicious! I try to always use grass fed beef, as it is far superior in nutrients and healthy fat content to commercially raised grain fed beef, plus it tastes way better than conventional meat!

Be sure and add in a handful of blended kale, Swiss chard, or other hearty greens to supercharge this delightful, nutritious soup even more.

## Ingredients

- 2 Tbsp extra virgin olive oil
- 1 lb [grass fed beef](#) stew meat, or boneless chuck, brisket, tri-tip steak, sirloin steak, etc., cut into small chunks
- 1 large yellow or red onion, chopped
- 2-3 garlic cloves, minced
- 2 carrots, chopped



- 2 organic celery stalks\*, chopped
- 1 large can (28 ounces) crushed plum tomatoes, with juices
- ½ lb green beans, trimmed
- 1 small summer (or yellow) squash, quartered and chopped
- 1 small zucchini, quartered and chopped
- 2 tsp oregano
- 2 Tbs. chopped fresh flat-leaf parsley
- Salt and freshly ground pepper, to taste
- Red pepper flakes, optional
- Phase 2- 2 red-skinned potatoes, scrubbed but unpeeled, cut into chunks or 1 can beans

## **Directions**

In a large saucepan over medium heat, add extra virgin olive oil and beef. Cook beef until slightly browned. Add the salt and pepper, oregano, garlic, onion, carrots and celery; cover the pan and cook, stirring occasionally, until the onion is softened, about 5 minutes.

Add 4 cups water, potatoes, tomatoes, green beans, squash, zucchini, and greens and simmer, partially covered, for 1 hour. Stir in the parsley and season with salt and pepper. Serves 4 to 6.

Note: I sometimes like to spice this soup up a bit and add a touch of chili powder, cayenne and cilantro for a Southwestern twist.

\*Conventionally grown celery is highly sprayed with dangerous pesticides. Always buy organic celery if at all possible.

# Garden Fresh Gazpacho



Gazpacho is the perfect soup for summer. Refreshingly cold on hot summer days, this classic Spanish cold tomato soup combines the best of summer's most nutrient and antioxidant-rich vegetables. This version leaves out the starchy bread cubes that the real Spanish version has. For a complete meal, add in some cooked shrimp.

This soup is best when fresh vegetables are at their peak and locally picked. The best ingredients usually come from local farmer's market with vine ripe tomatoes bursting with real tomato flavor, and homegrown vegetables. Tomatoes, when freshly picked and vine ripe, are one of those vegetables that have no comparison to those pallid, tasteless globes in the supermarket. *Lycopene* is one of the antioxidants in tomatoes that make them so very good for you. Lycopene prevents cancer, including colorectal, prostate, breast, endometrial, lung, and pancreatic cancers. And, organic tomatoes deliver *three times the lycopene* as conventionally grown tomatoes. When lycopene is eaten with foods that contain healthy fats, like avocado or extra virgin olive oil, it is absorbed even better!

Tomatoes are also excellent source of vitamin C and vitamin A. These antioxidants travel through the body neutralizing dangerous free radicals that could otherwise damage cells and cell membranes, causing inflammation that contributes to heart disease, diabetic complications, asthma, and colon cancer. And, all the other fresh veggies in this soup are packed with super powered antioxidants, vitamins and minerals as well! Gazpacho is like eating a liquid salad! This recipe does not need exact ingredients, so if you have a handful of fresh kale or a garden fresh zucchini, by all means, throw it in!

## **Ingredients**

- 4-6 ripe organic ripe, red tomatoes of any variety, quartered
- 1 red onion, quartered
- 1 cucumber, peeled, seeded, chopped in large pieces
- 2-3 stalks celery, chopped
- 2 carrots
- 1 sweet red bell pepper (or green) seeded and halved
- 1-2 cloves garlic, chopped
- 1-2 Tbsp fresh parsley
- 1 tsp or more of cumin
- Pinch of red pepper flakes, to taste
- 1/4 cup extra virgin olive oil
- 2-3 Tbsp freshly squeezed lemon juice
- 1 tsp raw sugar or honey
- Sea salt and fresh ground pepper to taste
- 1 tsp Worcestershire sauce
- 2-4 cups V-8 or tomato juice

- Cooked shrimp or any cooked cubed white fish, like Cod (optional)
- Cilantro, chopped for garnish
- Avocado sliced, for garnish

## **Directions**

Combine all ingredients-except shrimp or fish. Blend at low speed, leaving the soup somewhat chunky. This can be made ahead of time and placed in a glass storage container with a lid and refrigerated overnight, so the flavors blend better. Add cooked shrimp or fish. Garnish with sliced avocado, a squeeze of lime, a handful of cilantro or whatever suits your fancy. Serves 4.

# Toasted Pecan and Mushroom Soup



Pecans were a staple of the Native Americans and for good reason. They contain more than 19 vitamins and minerals, including vitamins A, B, and E, along with calcium, potassium, magnesium, zinc and healthy fats. Pecans are naturally low-glycemic and effective in fighting diabetes, in addition to being filling and delicious. They are chock full of antioxidants which help protect the body against cell damage, cancer, and heart disease. Eating a handful of pecans a day actually protects the body's nervous system and also lowers the heart-disease causing LDL cholesterol.

Spicing this soup up with some chili powder or cayenne will actually speed up your metabolism, help you burn fat and help lower your blood sugar. This rich creamy version will be satisfying and delicious as a meal.

Mushrooms are a great addition to this delicious soup as they taste meaty and delicious. Their fiber is great for your blood sugar and they are full of powerful, health promoting phytochemicals. For added health benefits, try them with shiitake mushrooms—but most any kind will work.

## Ingredients

- 2 ½ cups pecans, shelled and halved or in pieces
- 2 Tbsp extra virgin olive oil
- ½ lb sliced crimini mushrooms
- 1 large onion chopped
- 1 Tbsp real maple syrup
- 1 Tbsp chili powder
- 2 cloves garlic, minced
- 3 cups organic chicken broth, bone broth or vegetable broth
- 4 sprigs of fresh thyme
- 1 cup unsweetened coconut milk, almond milk or hemp milk
- ¼ cup chopped green onions for garnish
- Sea salt and pepper to taste

## Directions

Preheat oven to 350 and spread pecans on baking sheet, toasting 7-8 minutes, until browned and fragrant. Watch closely—they can burn easily!

Heat olive oil in large pan over medium heat and add onion, and mushrooms—sauté about five minutes. Add 2 cups of pecans, syrup, chili powder, and garlic. Cook 2-3 minutes, add broth, 3 cups of water and thyme. Cook for 2 hours, remove thyme sprigs, and puree soup in blender in batches. Return to pot and add milk and reheat. Garnish with pecans and green onions and serve. Serves 4.



# Shiitake Chicken Soup



This is a great way to use a leftover chicken or turkey carcass. All you have to do is throw the leftover chicken or turkey, leftover meat, bones and all into a pot of water. OR you can use cut up chicken pieces or turkey meat. You can also use a whole cut up chicken, chicken breasts, leftover turkey, etc. Just add enough meat so it's sufficient for the number of servings you are making.

Aside from the healing properties of chicken soup, this soup contains shiitake mushrooms. Shiitake mushrooms have some powerful healing and immune strengthening properties of their own. The Shiitake is featured in many Asian cuisines and has long been considered a powerful medicinal food. Even during the Ming Dynasty, it was known that shiitakes were a remedy for upper respiratory diseases, poor circulation, liver trouble, exhaustion, and weakness. It was also believed to prevent premature aging.

Scientific studies now prove shiitake's ability to stimulate the immune system, and kill bacteria and viruses. One of the substances in shiitake, AHCC, increases the body's ability to fight off flu viruses, and other serious bacterial infections. Another compound in shiitakes is actually used as an anticancer agent in some countries. Shiitakes are an



excellent source of vitamins B2, B5 and B6, as well as manganese, phosphorus, potassium, selenium, copper and zinc, and a good source of protein, magnesium, and vitamin D. They also provide a wide variety of unique phytonutrients. While shiitakes are known for their immune strengthening properties, they are also known to prevent autoimmune diseases as well.

## Ingredients

- 1 chicken or turkey carcass with some meat left or 4 thighs
- 4 cups water
- Sea salt
- 4-6 cloves garlic chopped roughly
- 1 Tbsp fresh ginger, minced
- 1 cup chopped organic kale
- 3 carrot slices
- 1 medium sized baby bok choy chopped
- 1/2 lb shiitake mushrooms, sliced
- 1 carton of organic chicken stock
- 1/2 cup of quinoa
- chopped green onions
- sprinkle of red pepper flakes
- 2 Tbsp of soy sauce
- 1-2 Tbsp of miso paste
- Fish sauce to taste

## Directions

In a large saucepan or Dutch oven, add in (already cooked) chicken and about 4-6 cups of water. Bring to a boil and simmer for about a half hour to an hour, until meat is falling off the bones. If you added in large pieces of chicken or carcass, remove them with a strainer spoon, remove the meat from bones, and return meat to stock. Add in vegetables, mushrooms, and seasoning, and simmer for another half hour to an hour. Serve with a tossed green salad and enjoy!! Makes 4-6 servings.

# Vegetable Chicken Soup



I was fighting off a cold today and the Boulder weather was unusually cloudy and chilly today. So vegetable soup seemed the answer! This has chicken in it, but you can easily make it vegetarian or add beef instead.

## Ingredients

- 1 lb or so chopped up chicken thighs
- Several cloves of garlic, chopped 1 small red onion, chopped
- Shiitake mushrooms, sliced
- 3-4 carrots, sliced
- 4 stalks celery, chopped
- Green beans, chopped
- 1 medium zucchini, chopped
- 2-3 tomatoes, chopped
- Several leaves dinosaur kale
- 1 carton chicken broth or vegetable broth

- 2 cans garbanzos
- 1 cup white wine
- 3-4 bay leaves
- tsp or so of rosemary
- tsp or so basil
- smoked paprika
- sea salt and black pepper
- squeeze of Sriracha sauce
- juice of one lemon
- 2-4 cups water
- Extra virgin olive oil
- 2 Tbsp butter

## **Directions**

In a large pot, add olive oil and butter, turn pan on medium high. Chop up chicken in chunky pieces. Add garlic, mushrooms, and onion, and cook until chicken is done. Add other vegetables, and cook/saute for a few minutes. Add seasonings. Add broth, wine, lemon juice, garbanzos, and water. Bring to a boil, add lid and cook for an hour or more over low to medium heat with lid on. Serves-a bunch of people, or makes great leftovers! Enjoy!

# Thai Orange Seafood Soup



This beautiful and exquisitely delicious Thai soup makes a gracious addition to any table. Serve it as a special appetizer for a dinner party or just make it for the main course. In Thai, it's known as "Geng Som Pla" - which actually means "Orange Fish Curry" - an ancient recipe from the Central Plains region of Thailand.

It is a hot and spicy soup with both sour and sweet overtones that make for a lively combination, especially when paired with your choice of fish and/or seafood. Use plenty of fresh local vegetables to make this a wonderfully healthy Thai soup.

I served this soup on a cold and blustery day to a friend of mine who was coming down with a cold. It hit the spot and was declared, "the best soup ever"! It's also actually very good on a hot day! In Thailand, it's very hot and they eat hot and spicy soups all the time to stay cool.

You can vary the vegetables in the soup, as long as the seasonings stay intact. It can also be served with brown rice or quinoa on the side.

## Ingredients

- 6 cups organic, free-range chicken stock
- 2-3 medium fillets of wild caught cod, cut into chunks
- 10 medium shrimp OR other shellfish
- Juice of 2 oranges, OR about 1 cup prepared orange juice
- 2 tsp. tamarind paste (available at Asian/Indian food stores) OR 2 Tbsp. lime juice
- 1 Tbsp palm sugar
- 3 Tbsp fish sauce
- 2 cups baby bok choy, chopped
- Handful of cherry tomatoes
- Handful green beans, cut into 2 inch lengths
- 1 small zucchini, cut into quarters and sliced
- 4-6 green onions sliced

## **PASTE**

- Blend in food processor, OR mince by hand–
- 1 shallot OR 1/4 cup purple onion
- 1/2-1 fresh red chili OR chili flakes to taste
- 1 thumb-size piece ginger
- 3-4 cloves garlic
- 1/4 tsp ground white pepper
- 1 extra tsp. fish sauce
- 1 Tbsp fish sauce
- Generous handful fresh coriander (+ extra for later)

## Directions

Make the soup paste, either by mincing and mixing paste ingredients together by hand, OR by placing paste ingredients in food processor and processing well.

Warm a medium-size soup pot over high heat. Add a little butter in the bottom then add the paste you just made. Stir-fry 1-2 minutes to release the fragrance, then add stock, orange juice, tamarind or lime, and sugar. When soup comes to a boil, reduce heat to medium.

Add the firmer of the vegetables-the beans and white parts of the bok choy. Simmer 4-5 minutes, or until beans have softened.

Add remaining vegetables, plus fish and shrimp. Simmer 2-3 minutes, until fish has turned firm and opaque-white and shrimp are pink and plump. Finally, add the fish sauce.

Don't over-stir at this point, as this will cause fish pieces to break up.



# Curried Sweet Potato Soup



A rich and satisfying soup with the exotic taste of the East to fill you up!

Sweet potatoes are not just another starch root vegetable. They contain numerous, significant, and surprising health benefits, including antioxidants, anti-inflammatory compounds, and blood sugar-regulating substances. Their bright orange flesh is one of the best sources of beta carotene, the pre-cursor to vitamin A. Sweet potatoes contain 1000-6000 micrograms of vitamin A in every 3 oz serving. But be sure to include some healthy fat like grass fed butter with those, because your body can't absorb or convert that beta carotene into vitamin A without some fat!

Sweet potatoes' phytonutrients lower your health risk from free radicals and heavy metals. These phytonutrients also help with digestive tract problems including IBS and ulcerative colitis.

And be sure to be generous with those super powerful spices—curry powder, coriander, cardamom, and turmeric which have massive benefits from anti-aging, brain health, cancer protection to arthritis.

## Ingredients

- 3-4 sweet potatoes, cubed
- 1 medium sweet onion, diced 2 celery stalks, diced
- 1 garlic clove, minced
- 1/4" fresh ginger, peeled and minced
- 1/2 tsp curry powder with turmeric
- 1/2 tsp coriander
- 1/4 tsp turmeric
- 1 tsp sea salt
- pinch of cayenne pepper
- 5 cups vegetable or chicken stock or bone broth
- 1 cup coconut milk
- 1 Tbsp butter
- 1/2 cup roasted pumpkin seeds

## Directions

Heat butter in large pot and saute onions and celery until onions are translucent. Add minced garlic and saute briefly Add remaining ingredients and bring to a boil. Reduce heat and simmer for 30 minutes until tender. Let cool, and process in food processor or blender in batches until smooth. Sprinkle with roasted pumpkin seeds and serve with a large salad. Serves 4.

# Cleansing Artichoke Soup



I absolute LOVE this soup! It's perfect for spring and full of great greens as well as the cleansing quality of artichokes. It's not that complicated and easy to vary depending on your ingredients on hand. The key of course is the artichokes, leeks and potatoes.

Artichokes are members of the thistle family and we are eating the flower. They are very high in fiber, potassium, magnesium, calcium, iron, phosphorus, and chromium and manganese. Artichokes contain cynarin and silymarin, which are excellent for the liver, kidneys, and stimulating bile secretion. Cynarin was actually used as a cholesterol lowering drug at one time and it can decrease cholesterol dramatically. And because artichokes are good for detoxing the liver they are great for hangovers!

Different greens work in this soup: sorrel, chard, spinach, beet greens, butter lettuce, etc.

## Ingredients

- 2 medium to large artichokes
- 1 cup water with lemon juice added

- 1 Tbsp olive oil
- 2 leeks, sliced, white part only
- 4 garlic cloves
- 2 small red potatoes, quartered
- Several leaves of greens
- 1 Tbsp chopped parsley
- sea salt
- 5-6 cups water
- 1 cup frozen baby peas

### **Garnishes**

- Extra virgin olive oil
- Parmigiana Cheese
- Fresh ground pepper

### **Directions**

Break off all outer leaves at the stem. Slice off the top of the remaining leaves about 2/3 of the way down. Cut the artichokes in quarters and remove the fuzzy centers with a spoon, leaving the hearts intact. Drop them into the lemon water as you work, so they do not turn dark.

Warm the olive oil in another large pan, and add leeks, artichokes, garlic, potatoes, greens and salt. Add 1/2 cup water and stew for a few minutes. Add peas and rest of ingredients and simmer partially covered for 20 minutes till artichokes are tender. Cool and blend in blender in batches. Garnish with olive oil and cheese and pepper.

# Greek Avgolemono Soup



Nothing soothes and warms like a homemade chicken soup. This soup is especially warm, delicious and comforting, especially in the middle of a cold, wet, winter. You don't have to be sick to appreciate its healing qualities, but it certainly will warm your soul and your body if you are.

Avgolemono—it's a mouthful! (avgo means 'egg'; lemono means 'lemon') soup is a dish that Greek mothers make to keep their families healthy. Foods that are warm, comforting, and healthy are also good for the immune system, and your general wellbeing.

What is there about chicken soup that makes it so soothing and healing for colds and flu?

Well one scientist actually studied it to find out. Dr. Stephen Rennard, MD, from the University of Nebraska Medical Center, tested chicken soup on white blood cells. It was found that the chicken soup had strong anti-inflammatory powers, which is why it helps with stuffy noses, sore throats and coughs.

The soup does help to break up congestion and eases the flow of nasal secretions.



And chicken soup is loaded with valuable nutrients that strengthen the immune system too.

The chicken contains an amino acid called cysteine, that is released when you make the soup. This amino acid is similar to the drug acetylcysteine, which is prescribed by doctors to patients with bronchitis. It thins the mucus in the lungs, making it easier to cough out.

Carrots, one of the routine vegetable ingredients found in chicken soup, are a great source of beta-carotene. The body takes that beta-carotene and converts it to vitamin A. Vitamin A helps prevent and fight off infections by enhancing the actions of white blood cells that destroy harmful bacteria and viruses.

Beyond the soup's soothing qualities and easy to digest protein, this soup's mint and oregano contain rosmarinic acid, which helps to open up the bronchial tubes and lungs, and ease respiratory problems. The lemon juice provides vitamin C, and the leeks, garlic and onion deliver antioxidants that are potent cold and flu fighting immune benefits.

This soup tastes every bit as good the next day, but if reheating, be sure to heat over low heat to prevent the eggs from curdling.

## **Ingredients**

- 2 Tbsp extra virgin olive oil
- 1 cup cooked, shredded chicken
- 2 medium leeks, white parts only, chopped
- 1-2 cloves garlic, minced
- 1 small onion, finely chopped
- 2 carrots, peeled and diced
- 5-6 cups organic free-range chicken broth

- ½ cup quinoa or brown rice (in stead of the traditional orzo pasta)
- 2 large organic, free range eggs
- 3 Tbsp fresh lemon juice
- ¼ cup chopped fresh parsley
- 1 Tbsp chopped fresh mint
- 1 Tbsp chopped fresh oregano

## **Directions**

In a saucepan, add leeks, onion and carrots along with a pinch of sea salt to olive oil. Cook, over medium heat, stirring gently for about 6-7 minutes.

Stir in chicken and broth, add enough salt and pepper to taste. Cover, reduce heat to medium-low and simmer for about 10 minutes. Add rice and cook until tender. Remove from heat.

In a separate bowl, whisk together eggs and lemon juice. Add 3 ladles of soup broth to the egg mixture, whisking constantly. Mix egg mixture back into soup and cook over low heat for another 2-3 minutes. Do not allow it to boil. Garnish with parsley, mint and fresh oregano and lemon wedges. Serves 4-6.



# Curried Red Lentil Stew with Pumpkin Seeds



This hearty stew will warm up your insides with ultra, power-packed, disease-fighting nutrition that includes pumpkin seeds, red lentils, garlic, ginger, turmeric and cilantro.

Red lentils actually start out orange, and are much smaller than the more common green or brown lentils, which are larger and tend to get more mushy. I love the lighter taste of red lentils and how quickly they cook. Lentils contain lots of healthy fiber, making them slower to digest, which helps blood sugar stability.

They are high in protein, hearty and satisfying. I added toasted pumpkin seeds for a little bit of crunchy, nutty texture, extra protein, and minerals. Pumpkin seeds are a great source of immune-boosting zinc, manganese, phosphorus, copper and iron. Pumpkin seeds also contain a wide variety of antioxidant phytonutrients, and tryptophan, an important precursor to serotonin, the 'happiness' brain chemical. This time of the year, with the shorter days, and holiday stress descending upon us, a little help with our serotonin production is just what the doctor (or diet/health fanatic) ordered!

I added in fresh turmeric from the produce section instead of the powdered kind you find in the spice aisle, because the fresh root (which looks a bit like an orangish ginger root) is even more potent with its powerful anti-inflammatory, anti-cancer, brain-protective, heart disease-preventing power.

There is virtually no body system that does not benefit from turmeric, so use it liberally!

## **Ingredients**

- 1 cup red lentils, rinsed thoroughly
- 2-3 stalks of celery, chopped
- 2-3 carrots, sliced
- 1/2 red onion, chopped
- 1-3 cloves garlic, minced
- handful cilantro, chopped
- 1 medium sized tumeric root, minced
- 1 Tbsp (I didnt measure) fresh ginger root, minced
- juice of 1 lemon
- 1/3 to 1/2 cup raw pumpkin seeds
- 1-2 Tbsp extra virgin olive oil
- 1 tsp curry powder
- 1 tsp paprika
- 1/2 tsp red pepper or cayenne, more or less to taste
- sea salt and black pepper

## Directions

In a medium saucepan add lentils, and about double the water-adjust to how thick or thin you'd like it to be. Rinse a couple of times until water is not foamy or bubbly. Put over med-high heat and bring to boil. Meanwhile in a frying pan on med-high, add a tablespoon of olive oil, onion, garlic, ginger, turmeric, carrots, celery, and spices. Cook, stirring often, until vegetables are tender. Be careful not to burn the spices.

In small frying pan, add about 1/3 to 1/2 cup raw pumpkin seeds with a small amount of olive oil. Cook over medium heat, stirring often-being careful they don't burn. (I added a lid to the pan, as pumpkin seeds often puff up as they cook and can pop right out of the pan!)

Add to lentils and continue to cook, 20 minutes or so, until lentils are soft and ingredients are fully cooked. Add chopped cilantro, and fresh lemon juice, and pumpkin seeds. Enjoy!! Serves 2-4