

Soups and Stews

Dr. Fuhrman's Famous Anti-Cancer Soup

www.DrFuhrman.com

Serves: 10

Preparation Time: 30 minutes (active prep time)

Ingredients:

- 1/2 cup dried split peas
- 1/2 cup dried adzuki or cannellini beans
- 4 cups water
- 6-10 medium zucchini
- 5 pounds large organic carrots, juiced (5-6 cups juice; see note)
- 2 bunches celery, juiced (2 cups juice; see note)
- 2 tablespoons Dr. Fuhrman's VegiZest (or other no-salt seasoning blend, adjusted to taste)
- 1 teaspoon Mrs. Dash no-salt seasoning
- 4 medium onions, chopped
- 3 leek stalks, cut lengthwise and cleaned carefully, then coarsely chopped
- 2 bunches kale, collard greens or other greens, tough stems and center ribs removed and leaves chopped
- 1 cup raw cashews
- 2 1/2 cups chopped fresh mushrooms (shiitake, cremini and/o white)

Instructions:

Place the beans and water in a very large pot over low heat. Bring to a boil, reduce heat and simmer. Add the zucchini whole to the pot. Add the carrot juice, celery juice, VegiZest and Mrs. Dash.

Put the onions, leeks and kale in a blender and blend with a little bit of the soup liquid. Pour this mixture into the soup pot.

Remove the softened zucchini with tongs and blend them in the blender with the cashews until creamy. Pour this mixture back into the soup pot. Add the mushrooms and continue to simmer the beans until soft, about 2 hours total cooking time.

Note: Freshly juiced organic carrots and celery will maximize the flavor of this soup.

Per Serving:

CALORIES 296; PROTEIN 14g; CARBOHYDRATES 49g; TOTAL FAT 7.5g; SATURATED FAT 1.4g; SODIUM 172mg; FIBER 10.2g; BETA-CAROTENE 16410ug; VITAMIN C 90mg; CALCIUM 178mg; IRON 4.8mg; FOLATE 203ug; MAGNESIUM 151mg; ZINC 3mg; SELENIUM 10.1ug

Dr. Fuhrman 

