

Immune Boosting Soups

October 2021

Curried Potato and Lentil Soup

Yields: about 4-6 servings

recipe adapted from www.minimalistbaker.com

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| 1 Tbsp coconut oil | 1 1/2 Tbsp curry powder |
| 2 leeks, cleaned and diced or 1 cup diced onion | 5-6 cups low sodium vegetable broth (I like Imagine brand) |
| 1 tsp minced fresh ginger | 1 cup green lentils, thoroughly rinsed and drained |
| 2 carrots, peeled and diced | 4 cups chopped green or purple kale |
| Pinch sea salt + black pepper, plus more to taste | For topping: Lemon Juice, Cilantro, Plain yogurt |
| 4 cloves garlic, minced (about 2 Tbsp) | |
| 1 1/2 cups diced sweet potato | |
| 1 1/2 cups diced yellow yukon gold potato | |
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1. Heat a large pot over medium heat. Once hot, add oil, onion, ginger, and carrots. Season with a pinch each sea salt and black pepper and stir. Cook for 3-5 minutes, stirring frequently, until onions are soft and fragrant.
 2. Add garlic and potatoes and stir. Cook for 3-4 minutes to brown slightly, and then add curry powder. Stir to coat. Cook 2 minutes more.
 3. Add 5 cups vegetable broth and increase heat to medium-high. Once at a low boil, add lentils, stir, and reduce heat to low. Simmer for 20-25 minutes, uncovered, or until lentils and potatoes are tender.
 4. Taste and adjust seasonings, more curry powder for intense curry flavor, or sea salt and pepper for more balance.
 5. If the soup has thickened too much, add remaining 1 cup vegetable broth, stir, and cook until warmed through.
 6. In the last few minutes of cooking, add the kale and cover to steam until tender but still vibrant green - about 2-3 minutes.
 7. Serve immediately as is or with cilantro, yogurt, fresh lemon juice. This would also go well with flatbread or rice.



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Quick Miso Soup with Greens and Tofu

recipe adapted from www.minimalistbaker.com

4 cups low sodium vegetable broth (use dashi for more traditional miso soup // see notes above)
1 sheet nori (dried seaweed // optional // cut into large rectangles // 1 sheet yields 1/4 cup)
3-4 Tbsp white or yellow miso paste
1/2 cup chopped green chard or kale
1/2 cup chopped green onion
1/4 cup firm tofu, cubed

1. Bring vegetable broth to a low simmer in a medium pot.
2. In the meantime, place miso (starting with lesser end of range) into a small bowl, add a little hot water and whisk until smooth. This will ensure it doesn't clump when added to the soup later. Set aside.
3. To the broth add chard (or other greens of choice), green onion, and tofu and cook for 5 minutes. Then add nori and stir. Remove from heat, add miso mixture, and stir to combine.
4. Taste and add more miso or a pinch of sea salt if desired. Serve warm. Best when fresh.

Cancer Fighting Properties

Beans and Lentils: Anti-inflammatory. Lowers the risk for recurrence of cancer. Studies show that diets high in beans and lentils lowered breast cancer recurrence in women. As with many high fiber foods, both lower colon cancer risk. Also linked to controlling blood sugar and carrying toxins from the body, both of which are important when undergoing treatment. Great sources of protein and numerous minerals including phosphorus and iron.

Ginger: Anti-inflammatory. Great for nausea and an upset stomach. Ginger's active component, spicy gingerol, controlled the growth of human bowel cancer cells in animal models.

Kale: Anti-inflammatory. Brassicas, the family of cruciferous vegetables that include kale, contain loads of compounds called indole-3-carbinol. Animal studies in particular are looking at the compound's ability to change the way estrogen metabolizes. That could affect estrogen sensitive tissues, perhaps prevention lesions from turning cancerous or keeping cancer cells from proliferating.

Miso: Miso fermentation helps improve the body's ability to digest and absorb foods. It also contains probiotics that can promote gut health and digestion.

Source: Cancer Fighting Kitchen by Rebecca Katz