

## ADZUKI BEAN & KOMBU SOUP

### INGREDIENTS:

- 1 15 oz/425g canned or dried adzuki/aduki beans that have been soaked & cooked**
- 1-2 cups of pure revitalized or spring water (adjust to thickness)**
- 1 clove of garlic**
- 4 *Eden, Emerald Cove, or Iceland Kelp Kombu* seaweed strips**
- 3 *Shelton Farms Turkey Sausages*; or 4 *Shelton Farms Turkey Franks***
- 3 shakes each of *Maine Coast Sea Seasonings Kelp, Dulce, w/Garlic, & Triple Blend***
- 1 tsp of light grey *Celtic* seasalt (adjust to taste)**
- ½ tsp of red chili pepper (for a spicier taste, add more)**
- 2 tsp of *Omega Nutrition Flax Seed Oil***
- 6-8 *San-J or Spiral Black Sesame Crackers* (3-4 each)**

### DIRECTIONS:

**Cover the sausage or franks with water in a 2 qt/1.9L pot and boil for about 5 to 8 minutes, until cooked. If using sausage remove the skin. Set aside in the water. Vegetarians can eliminate the meat.**

**If using dried adzuki beans, soak 4-6 hours or overnight, rinse well, and cook until tender.**

**If using canned adzuki beans discard the liquid and rinse the adzuki beans in a strainer. Place the adzuki beans into the pot with the water and garlic, and purée with a hand blender. Stir, cover, and bring to a boil for 5 minutes.**

**Cut the Kombu into 1" strips and then cut ½" pieces into the bean soup.**

**Add the Sea Seasonings (kelp & dulce), seasalt, and chili pepper.**

**Cover, and cook on a low boil for 5 minutes until the soup has thickened.**

**Stir often to prevent the soup from sticking to the bottom of the pot.**

**Slice the sausage or franks into the soup.**

**Stir, cover, and simmer the ingredients on low heat for 3-5 minutes.**

**Add 1 tsp of flax seed oil into each bowl, then pour the soup.**

**ENJOY this nutritiously warming soup with black sesame crackers!**

Serves 2

Use **organic** ingredients from reputable brands

Suitable for O & A blood types

Evidence of the **Adzuki/Aduki beans**, scientifically known as *Vigna angularis*, dates back as far as 4000 BCE in Japan. They were first cultivated in East Asia and later crossbred with native species in the Himalayas. Primarily reddish brown in color, these small beans are

commonly eaten in Japan, China, Korea, and other Asian countries. They are used for savory dishes, sweet desserts, sushi, candy, and made into a sweet bean paste. In Japan they are used in the preparation of natto. In Gujarat, India they are known as chori. They are also popular in Italy for soups.

Adzuki beans are rich in protein, fiber, folate, potassium, zinc, iron, magnesium, manganese, copper, and phosphorus, which makes them a powerful aid in cardiovascular health, normalizing blood pressure, digestion, and weight loss. Their high mineral content helps to build strong bones and prevent bone demineralization/osteoporosis.

They are also rich in catechins, proanthocyanidins, and other flavonoids, which assist with growth, repair of cells, and anti-aging. The rare molybdenum content of these beans plays a crucial role in detoxification of the liver. Plus, they have a low "glycemic index" making them helpful in prevention and management of diabetes.

Adzuki beans are particularly beneficial for vegetarians because of their high protein, nutrient content, and fiber. Their high folate and other B vitamins, help to prevent neural tube and other birth defects in babies.

They are easy to digest and the most yang of beans, with a strong nutty, sweet flavor. Plus, they are also naturally gluten-free.

Select either fresh dried or canned beans from a reputable source. Some of the best quality organic canned adzuki beans are from Italy. Use them in soups or oriental cooking.

**Kombu kelp** is the king of seaweeds. Unlike other seaweeds this brown algae produces a clear liquid called "Dashi," which is used in traditional Japanese recipes for soups, stews, and sauces. Its glutamic acid makes beans more tender and easier to digest. Kombu is a rich source of iodine, fiber, calcium, potassium and other minerals. It also contains significant amounts of amino acids and B vitamins, making it good for vegetarians. The alginic acid in Kombu is an important intercellular polysaccharide that can significantly reduce the amount of heavy metals and radioactive strontium-90 that is absorbed through the intestinal wall. At this time, Atlantic seaweed is probably safer than Japanese or Pacific seaweed because of the Fukushima disaster.

**Seaweed Iceland Ltd., Iceland:** <http://www.seaweed.is/> +354 843-9858

**Eden Foods, USA:** <http://www.edenfoods.com/> 1 888 424-3336

**HBC Trading Australia Pty Ltd.** <http://www.hbctrading.com.au/> +612 964402275

**Main Coast Sea Vegetables, USA:** <https://www.seaveg.com/shop/> 1 207 565-2907

**Shelton Farms, USA:** <http://www.sheltonfarms.com/> 1 269 684-0190

**San -J International Inc.:** <http://www.san-j.com/> 1 800 446-5500

**Spiral Foods:** <http://www.spiralfoods.com.au/> 613 8616-7800, 612 8231-4400

**Omega Nutrition, Canada & USA:** <http://www.omeganutrition.com/> 1 800 661-3529