

## LENTIL SOUP

### INGREDIENTS

- 1 15 oz/425g can of lentils; or 1 cup of dried lentils**
- 1 cup of pure revitalized or spring water** (for canned); **or 2 cups** (for dried)
- 1 tsp of Celtic seasalt** (adjust to taste)
- 1 clove of garlic; or 5 shakes of garlic powder**
- 1 bay leaf**
- ½ tsp of dried red chili peppers**
- 1 cup of canned or jarred chopped tomatoes**
- 2 stalks of celery with leaves** (approx. 1 cup of chopped celery)
- 1 carrot** (grated)
- 2-6 leaves of Tuscan kale** (depending on size)
- 2 Tbsp of extra virgin olive or flax seed oil**
- ½ cup of *Lundberg* gluten-free, brown rice elbow or spiral pasta; or *Ceres* quinoa-rice shells or fusilli**

### DIRECTIONS

**Add the pasta to a pot of boiling water and cook until it is al dente (cooked but not too soft). Discard the water stir, cover, and set aside.**

**If using dried lentils, soak 2-3 hours or overnight, rinse well. Add water and garlic. Bring to a rapid simmer. then reduce heat to a gentle simmer and cook uncovered for 15 minutes. Add extra water as needed.**

**If using canned lentils, discard excess layer of liquid. Poor the remaining ingredients into the pot with the water, seasalt, garlic, bay leaf, and chili.**

**Add the chopped tomatoes, stir, cover, and bring to a boil. Then, lower the heat to a slow simmer for 5 minutes.**

**Wash the celery and chop small pieces into the soup.**

**Wash, peel (optional) and grate, with a large grater, the carrot into the soup.**

**Wash and cut thin (½ inch) strips of kale into the soup. Cover and simmer on medium heat for 5-8 minutes.**

**Add the cooked pasta and stir.**

**Add 1 tsp of extra virgin olive or flax seed oil into each bowl, then pour the soup. ENJOY this nutritious soup with the Garden Salad!**

Serves 2

Use **organic** ingredients from reputable brands

Suitable for blood types A & AB

For blood types O & A see the recipe for BLACK BEAN SOUP

Originating thousands of years ago in central Asian and Middle Eastern countries, **carrots** belongs to both the *Umbelliferae* and *Apiaceae* families. This popular root vegetable comes in orange, yellow, red or purple and grows from two inches to 3 feet. All colors belong to the same genus and species of plant, *Daucus carota*. Different colors contain different varieties of antioxidant phytonutrients. Red and purple are rich in anthocyanin; orange is rich in betacarotene; and yellow is rich in lutein.

Carrots are rich in antioxidants (carotenoids, hydroxycinnamic acids, and anthocyanindins). A 10 year study from the Netherlands found dark orange/yellow carrots to be protective against cardiovascular disease (CVD). The vitamin A, beta and alpha carotene, and potassium in carrots, also help to reduce the risk of cancer. Cooking, steaming, or juicing carrots increases absorption of its beta and alpha carotene from 3% to 39%. Its newly discovered polyacetylenes, which include falcarinol and falcarindiol, interact with the carotenoids (alpha/beta carotene, lutein) and inhibit the growth of colon cancer cells. They also have strong skin-protecting antioxidant activity. Plus, they have anti-inflammatory and anti-aggregatory properties. Carrot's fibre pectin, detoxifies heavy metals and other aging toxins. Its flavonoid rutin, helps to prevent varicose veins and hemorrhoids. Carrots are also a good source of biotin and other B vitamins, vitamins K and C, fiber, molybdenum, folate, phosphorus, and other minerals.

Researchers at the Jules Stein Institute at the U of California, Los Angeles found that women who consume carrots at least twice a week have lower rates of glaucoma.

China produces one-third of all the world's carrots. Russia is the second largest carrot producer, and the U.S. is the third, with 320,000 tons a year. California produces 80% of all fresh market carrots in the U.S.

Select carrots that are firm, straight, and brightly colored. Dark stem and limp carrots are signs of age.

Store them in the coolest part of the fridge in a plastic bag or container to prevent loss of moisture. Keep them away from fruits and other produce that produce ethylene gas, which will cause them to become bitter. Remove the green tops before storing. Carrots are best consumed raw, lightly steamed, or in soups and will last up to two weeks if properly stored.

**Celery** was cultivated in parts of Europe and the Mediterranean as early as 1000, BC. It was also used medicinally in ancient Egypt and was awarded to Greek Athletes for their winning. The Pascal celery, which belongs to the *Apiaceae/Umbellerifereae* family, is the most common variety. The other varieties, such as Australian, Vietnamese, Indian, Maori, and water celery, are referred to as "wild celery." The USA accounts for 80% of all celery production.

Celery is rich in vitamins K and B, folate, potassium, manganese, molybdenum, and other minerals. It also provides anti-inflammation benefits, especially in the stomach lining and digestive tract. Celery is also rich in some unique non-starch, pectin-based polysaccharides and phenolic antioxidants such as dihydrostilbenoids, furanocoumarins, phenolic acids, flavones, flavonols, phytosterols, and phthalides, which acts as a diuretic. These phytonutrients help protect the cells, blood vessels, and organs from oxygen damage.

Select celery that is crisp and a rich green color. Smaller bunches of celery are usually more tender. Store in a sealed plastic bag in the fridge, for up to 7 days. Cut just before use and avoid freezing it. If wilted, soak the base in a bowl of water to revive.

**Kale**, also known as borecole and cow cabbage, originated in Asia Minor and was brought to Europe by Celtic wanderers around 600 B.C. It was a significant crop during ancient Roman times. English settlers brought kale to the USA in the 17th century.

Kale comes in different varieties: cavolo nero (Tuscan kale), curly kale (Scots kale), and red Russian kale. Lacinato or Tuscan kale has a long tradition in Italian cuisine and dates back to

the 18th century. It is superior to other varieties, tastes better, and is commonly used in soups, pastas, and salads.

Kale is a powerhouse of vitamins, minerals, and phytonutrients. Its flavonoids and glucosinolates, (glucobrassicin, glucoraphanin, and sinigrin), are converted into isothiocyanates in the digestive track, which help prevent DNA damage, various types of cancer, cardiovascular disease, macular degeneration, asthma, rheumatoid arthritis, and loss of skin elasticity.

Kale is low in oxalates and promotes urinary tract health. Its high amounts of vitamins K, C, A, beta-carotene, manganese, copper, vitamin B6, fiber, kaempferol, and quercetin, also provide strong anti-inflammatory and anti-oxidant benefits. In fact, kale has one of the highest ORAC (oxygen radical absorbance capacity) rating (1,770) among vegetables. Kale also provides calcium, potassium, iron, vitamin E, B vitamins, magnesium, protein, phosphorus, omega 3 fats, and folate.

Select kale that is fresh, firm, and deeply colored with moist stems. Avoid faded, yellow, or brown colored kale, which are signs of ageing.

Keep dry and store in a plastic bag in the fridge, where it will keep for about 5-7 days.

**Lentils** are pod seeds from a leguminous plant known as the *Lens esculenta*. They originated in central Asia and were found in archeological sites in the Middle East, which date back 8,000 years. They were also mentioned in the Bible as part of a bread made by the Jews during Babylonian captivity. Lentils were introduced into India before the 1st century AD, where they are still highly regarded as dal.

Leading commercial producers of lentils are India, Turkey, Canada, China, and Syria.

These heart healthy legumes come in many varieties. The most common being brown, green, and orange. The brown and green retain their shape better than other varieties after cooking. Lentils are fat-free and rich in both soluble and insoluble fiber. Soluble fiber helps to remove bile containing cholesterol. The insoluble fiber helps to increase stool bulk and prevent constipation and digestive disorders such as IBS and diverticulosis. Studies show that consuming legumes were associated with a reduced the risk of coronary heart disease by 82%.

Lentils are also high in folate, B1, pantothenic acid, B6, protein, molybdenum, copper, phosphorus, manganese, iron, protein, zinc, potassium, and magnesium.

Folate with B6 helps to lower level of homocysteine by converting it to cysteine or methionine as part of the methylation cycle. Magnesium helps to keep the arteries clear of calcification and prevent free radical injury to the heart.

Lentils help balance and maintain blood sugar and cholesterol levels by providing slow-burning energy.

Select whole lentils that are fresh, from either prepackaged containers or bulk bins that have a high turnover. Ensure that there is no moisture or insect damage to them.

Canned lentils, which retain most of their nutritional value, are also a good option.

Avoid cans that are lined from bisphenol A/BPA or other toxic linings.

<http://www.whfoods.com/genpage.php?tname=george&dbid=229>. Also, avoid brands that contain high amounts of salt, sugar, damaged vegetable oils (e.g. canola), GMOs, and/or flavor enhancers.

Store dried lentils in an airtight container in a cool, dry, dark place where they will keep for up to 12 months. If stored in a covered container, cooked lentils will keep fresh in the fridge for up to three days.

Native to South America's western countries, the **tomato** is actually a berry since it is formed from a single ovary. However, it is prepared and served as a vegetable because of its taste. It

was first cultivated in Mexico by the Aztecs, and brought to Italy and the rest of Europe in the 1500s.

When it comes to phytonutrient and antioxidant benefits, the tomato is a treasure trove. It contains significant amounts of vitamins C, K, A, B (biotin in particular), E, molybdenum, potassium, copper, manganese, phosphorus and other minerals, flavonones, flavonols, (rutin, quercetin), hydroxycinnamic acids, carotenoids (beta-carotene, lycopene, lutein, zeaxanthin, beta-carotene), glycosides, and fatty acid derivatives. Its carotenoid lycopene, along with other antioxidants help lower LDL cholesterol and triglycerides, and regulate fats in the bloodstream, making the tomato an excellent heart-healthy food. Lycopene and its antioxidant properties also promote bone health, which in turn helps to prevent osteoporosis.

The tomato is also a good anti-cancer food because of its ability to reduce oxidative stress and inflammation. In a South American study of 26 vegetables, tomatoes and green beans came out best in their anti-aggregation properties.

The Roma or Italian plum tomato is an open pollinated variety rather than a hybrid and the most tasty for sauce. In Italy it is often referred to as "pomodoro." Baby Romas are great in salads.

Select darkly colored, well shaped, firm tomatoes. Store them in a cool place or in the fridge when they start to ripen too much.

**Absolute Organic:** <http://www.AbsoluteOrganic.com.au> 612 9764-2833

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

**HBC Trading Australia Pty Ltd.:** <http://www.hbctrading.com.au/> 612 9417-5525

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

**Simply Organic/Frontier Co-Op, USA:** <http://www.simplyorganic.com/> 1 800 437-3301

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