

Recipes for Cancer Prevention

Kale and White Bean Soup

Modified from *Beat Cancer Kitchen* by Chris and Micah Wark

- 1 medium white onion, diced
- 2 celery ribs, diced
- 6 large garlic cloves, minced
- 8-oz package whole white button mushrooms, smashed (use the palm of your hand and smash them flat)
- Two 15-oz cans cannellini beans with liquid, or any white bean
- Juice of 1 - 2 lemons, to taste
- 1 Tbsp Italian seasoning
- 3 cups vegetable broth
- 1 bunch steamed curly kale, stems removed and leafy parts roughly chopped

Sauté onion with a little water in a large stockpot over medium-high heat for 5 minutes or until the onion is translucent.

Add all the ingredients except the kale to the pot and bring to a boil. Reduce the heat to a simmer, cover, and cook for 20 minutes.

Steam kale (0 minutes in the Instant Pot) and then add to soup when done. Garnish with “Parmesan” Cheese (see below). Yield: 8 cups, serves 6

“Parmesan” Cheese

From *Weimar Cafeteria Recipes*

- 1 cup raw nuts (cashews, pecans, or walnuts)
- 1/3 cup nutritional yeast
- 1 tsp salt

Place all ingredients in a food processor. Process until finely ground. Store in the refrigerator.

Quinoa Tabbouleh

Modified from *Beat Cancer Kitchen* by Chris and Micah Wark

- 3 cups quinoa, cooked and cooled (1 minute Instant Pot, depressurize after 10 minutes)
- 1 tsp maple syrup
- 4 medium Roma tomatoes, diced
- 1 medium shallot, minced (rinse minced shallot under cold water in a mesh strainer to reduced astringent taste as raw onion oxidizes)
- 1 medium garlic clove, minced
- Juice of 1 large lemon
- ½ tsp sea salt
- 1 bunch curly parsley, finely chopped
- ¼ cup chopped mint

Combine all ingredients in a large mixing bowl. Refrigerate and serve.

Juicing for Cancer Healing

Advanced Anticancer Juice Formula

From *Beat Cancer Kitchen* by Chris and Micah Wark

- 5 small carrots
- 1 – 2 celery stalks
- ½ beetroot and a few beet greens
- 1- to 2-inch piece of gingerroot (or as much as you can stand)
- 1- to 2-inch piece of turmeric root (or as much as you can stand)
- ¼ – ½ lemon or lime, unpeeled
- 1 whole green apple, unpeeled
- 1 garlic clove (or as much as you can stand)

Juice all ingredients together to determine how many ounces of juice your juicer yields. Then multiply the ingredients to get the desired amount of juice you want to make each day.