

Healthy Soup

½ lb. shiitake mushroom



½ lb. maitake mushroom



½ lb. oyster mushroom



¼ lb. dried mung beans (presoak)



¼ lb. dried French lentils (presoak)



½ head of green cabbage, sliced



1 large onion, diced



5 to 10 cloves of garlic (crushed and peeled)



3 large carrots, peeled and sliced



1 tbs. olive oil

2 quarts of purified or spring water

Salt or tamari (soy sauce) to taste

You can usually find fresh shiitake, oyster and maitake mushrooms in Asian or specialty markets and increasingly in regular supermarkets as well. If not, dried mushrooms are widely available, but need to be presoaked until they are soft, then slice. Also presoak the mung beans and lentils. In a big pot, lightly sauté onions, leeks and garlic in olive oil (until onion is transparent). Add the water. Peel the garlic cloves, crush them, and after waiting 10 minutes, cut them in to small pieces. Add the garlic and all the remaining ingredients and cook at a slight boil for two hours, stirring occasionally. Season with reduce-sodium tamari (soy sauce). Many people prefer this soup pureed in a blender. Refrigerate surplus after eating. Consume one cup of this soup per day, five times per week. You may add any other fresh, organic vegetables and tofu if you tolerate soy, to this basic recipe.