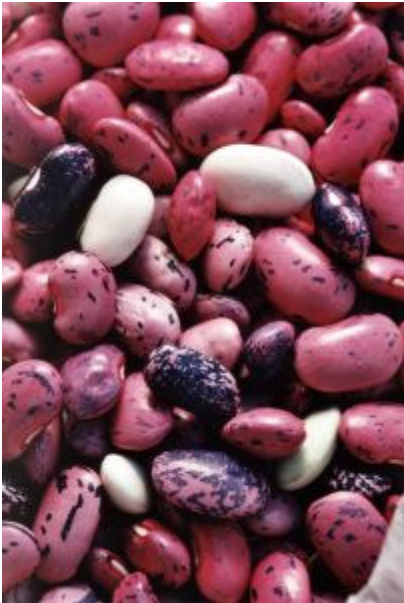


Herbal Legacy Recipes

Dr. Duke's Bean Soup

Dr. Duke says Legumes have so many beneficial effects that I try to eat them every day. One of my favorite ways is in a bean soup.



INGREDIENTS:

- 1 cup dry beans soaked overnight, save soaking water*
- 1 ½ cups diced carrots**
- 2-5 whole cloves of garlic
- ½ - 1 onion chopped
- Curry powder
- Hot sauce
- Black pepper
- Extra virgin olive oil
- Raw chopped onions
- Cilantro

DIRECTIONS:

1. Soak beans overnight. **KEEP BEANS IN THE SOAKING WATER** and cook the beans at a very low simmer for one to two hours with the carrots, garlic, onion, curry, hot sauce, and black pepper.

2. Garnish the beans with a little drizzle of olive oil and sprinkle with chopped onions and cilantro.

*Note from Dr. Duke: Everyone else throws the soaking water away the next day, but not me – even though the water is flatulent, some of those flatus-inducing compounds might prevent cancer.)

**a folk remedy for reducing flatus.

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