

# Healthy Recipes

## Bison-or Beef vegetable soup

Into an 8 qt pot, add the following:

1 lb of grass-fed bison or organic ground beef. Brown with olive oil then add –  
1 cup of diced celery  
1 cup of diced onions  
1 cup of diced carrots  
1/2 cup of diced red, yellow, orange or green peppers  
1 cup of diced rutabegas

Add a piece of dried seaweed - Nori or Kombu (sold in health food stores).

Add enough spring water to cover the vegetables by one inch. Cover pot and bring to a boil. Reduce heat and simmer for 10 minutes. Add 2 bay leaves, 1/2 cup of chopped parsley, one clove of sliced garlic and 1/2 Teaspoon of herbal (i.e. Spike) seasoning. Add 3 cups of chopped green cabbage, one pint of V8 or tomato juice and one large can of whole canned tomatoes. Cut whole tomatoes into quarters.

Cover and simmer for 20 more minutes. Soups done! Serve with rye crisp. Add more herbal seasoning to taste, if desired. Optional: Add one-half tsp of Sea salt.

## Mixed field-greens salad - yum

3 or 4 cups of field greens, mixed greens/endive  
1/2 cup sliced carrots  
1/2 cup cucumber slices  
1/2 cup fresh or frozen green peas or broccoli  
1/2 cup grape or cherry tomatoes  
1/4th cup of walnuts

2 Tbsp broken feta cheese  
3 slices of green or red pepper  
3 slices of sweet or red onions

Add a few pickled beets, a slice of lemon and ripe olives.

Loosely toss all ingredients together and top with Red Wine Vinegar, a little Oregano and Olive oil or your favorite dressing.

## Special salad combo/yogurt/flax oil plus baked squash

Add the following items to a platter

Endive, (Kale, Romaine lettuce or spinach)

Parsley

Yellow onions or green onions with tops

Carrots,

Red or ripe bell peppers - any color

1/2 red beet - sliced raw or pickled

One clove of garlic sliced

Hot peppers - jalepeno or any other ones

2 Shiitake mushrooms - boosts immunity against candida and cancer

One Tbsp of raw sunflower seeds (presoaked in water)

2 or 3 ripe or green olives.

You may add any other vegetable, except if you have low body temperature do not add cruciferous vegetables.

Add fresh lemon juice over the salad and cold pressed Extra Virgin olive oil.

Dip vegetables in one cup of plain yogurt, with a tablespoon of fresh flax oil added (boosts immunity against cancer and candida). Top with paprika.

Other raw vegetables, such as ripe tomatoes or cucumbers, may also be added to the salad.

Serve yourself 1/2 to 1 lb of cooked squash. Squash may be baked with brown sugar and butter.

Add one or more of the following (baked or boiled) vegetables - potatoes, corn on cob, whole kernel corn, cooked brown rice or rye crisp. Season with a little sea salt and butter.

**Dessert:** Try applesauce with a gluten-free cookie or a glass of soy milk (plain or with fruit blended in). Green tea or rose hip tea with honey and lemon to taste.

Dry-curd cottage cheese or Baker's cheese may be mixed with flax oil and used in place of the yogurt.

## **Sunflower/mashed potato/baked onion meal.**

Over one cup of mashed potatoes on a plate, add one clove of raw garlic sliced plus 1/3 cup of raw sunflower seeds (presoaked). Add 1/2 cup of plain yogurt plus butter over potatoes plus 1 Tbsp of flax seed oil. Serve with a baked onion. Garnish plate with parsley. Top with paprika. Serve with a side dish of coleslaw. Green tea or rose hip tea with honey and lemon to taste.

## **Special yogurt and flax oil vegetable dip**

To one cup of Non-Fat Plain Yogurt (or home-made yogurt), add 1 Tbsp of refrigerated flax seed oil plus chives or chopped onions and blend slowly. Top with paprika. This special yogurt dip with raw vegetables is the most powerful healing formula of the Immune Enhancement Diet as the flaxseed oil helps oxygenate the blood.

Have a 1/2 cup of chilled red sockeye salmon, a baked potato, cooked asparagus, plus a small salad made from endive/parsley/spinach, garlic cloves, red cabbage, cucumber, carrots and olives. Season with lemon juice and olive oil. A crunchy, tasty and very nourishing meal. Green tea. Serve butter and sour cream with your baked potato. Sugar Snap Peas - a baked potato and a small cob of boiled corn.

A lot of variations to this meal are possible. Any cooked or raw vegetable may be used. A small salad or coleslaw may be substituted for the cooked vegetable. For tea, try green tea or rose hips tea. Season with honey.

## **Chili over potatoes or rice plus a salad.**

Over a plate of mashed potatoes, add one clove of sliced raw garlic. Pour hot Chili over the potatoes and sprinkle a little Parmesan cheese over the chili. Have a Jalapeno pepper, coleslaw, carrot salad or broccoli in dill dip. Green tea. Ground beef or turkey in Chili should be well tolerated by most people.

## **Cottage cheese, raw pineapple, potatoes and vegetables**

To one-half cup of creamed cottage cheese, add 1 Tbsp of flax oil or pumpkin seed oil and some chopped garlic or chives. Top with paprika. Have some boiled or baked potatoes, onions plus coleslaw or a small salad. Green tea or rose hip tea with honey and lemon to taste. Serve chunks or fresh raw pineapple with the cottage cheese. (Avoid cottage cheese if mucus is an immediate problem). Note: Pineapple contains a protein digestive enzyme called bromelain.

## **Brown rice or spelt pasta**

Gluten-free Spelt macaroni and spaghetti is sold in health food stores. It tastes great too. Try it with a flavored tomato sauce and browned hamburger and a sprinkle of Parmesan or Romano cheese. You can also serve it with broiled fish and coleslaw. Several combinations are possible.

## **Recipe for great tasting Chili with grass-fed beef or bison**

Buy a package of Chili seasoning mix, the hotter the better. Brown 1 lb of finely ground organic or grass-fed beef. Brown beef first, then add seasoning mix plus tomato paste and water or tomato sauce.

In a separate pan, add one cup of sliced celery, one cup of chopped onions, 1/2 cup of chopped green pepper and one cup of sliced mushrooms. Put celery, onions, green pepper and mushrooms in a large cooking pot and add just enough water to cover vegetables. Simmer for 20 minutes until cooked. Add the cooked ground beef with Chili seasoning and tomato sauce to the cooked vegetables and one 16 oz can of pinto beans plus one 16 oz can of whole tomatoes (cut up) and two sliced Jalapeno peppers. Simmer for 15 additional minutes. It is delicious. Refrigerate until ready to use.

## **Recipe for Cream of Broccoli soup**

1 cup of chopped leeks (use stem only)

2 medium size red-skin potatoes – cubed

2 Tablespoons of butter

1/4th cup of water

5 cups of coarsely chopped broccoli

6 cups of chicken broth (To make your own, boil 3 chicken necks or wings in 7 cups of water for 30 minutes with one carrot and one celery stalk added). Remove chicken from broth and proceed with recipe.

1/2 cup of plain yogurt (made from whole milk).

In a frying pan, add butter and water, leeks and red potatoes. Cover and simmer for 5 minutes. Remove and place contents in a larger porcelain, Pyrex or stainless steel pot. Add chicken broth and broccoli. Cover and simmer for 30 minutes. Remove from heat, add yogurt or natural sour cream and blend in. Puree soup in blender or food processor. Serve warm. Add extra sea salt or Spike to taste. Enjoy.

## **Recipe for (Almond) milk or pumpkin seed milk**

Into a blender add 1/2 cup of raw almonds or pumpkin seeds or half and half. Add one tablespoon of ground flaxseeds. (Optional - Add 1 tsp. of lecithin granules or 1 tsp. of ground slippery elm powder). Add 2 cups of warm water and blend at high speed for 3 minutes. Add 1 more cup of water and blend at high speed with cover on for 2 minutes. Strain through a coarse strainer then a fine strainer to remove pulp. Add 1 Tbsp. of maple syrup or honey, 1/4 tsp vanilla and 1/8 tsp. of sea salt.

Shake and pour liquid into a quart glass jar with a funnel. Refrigerate nut milk until you are ready to use it. You can also use pinenuts, hazelnuts or filberts to make nut milk. Pasteurizing the nut milk by heating it to 160 degrees F after making it will extend the shelf life by 2 or 3 days.

## Orange-glazed Almonds

Preheat oven to 350 degrees F. Add the following ingredients to a small stainless frying pan:

2 tablespoons brown sugar

1 Tablespoon butter

1 Tablespoon Sesame seed oil

1 Tablespoon grated Orange rind (about one orange).

Stir and gently heat all ingredients until they bubble. Add about one pound (12 to 16 ozs) raw almonds to the pan and stir until all the nuts are coated with the mixture. Place coated almonds on cookie sheet and spread out evenly. Place in oven and bake at 350 degrees F for 8 minutes. Shut off oven, remove pan and let cool for 30 minutes. Remove almonds with a spatula and store in a glass jar in the refrigerator until eaten. You will love these as a snack or when chopped they can be placed on a salad.

Almonds are high in calcium, protein and monounsaturated fatty acids and amino acids to support heart health. They also contain arginine that supports the Thymus gland.

## Raw red beets in brine

Cleans the liver and blood - source of Choline and tri-methyl glycine (TMG)

Slice 2 medium raw red beets. Place in a brine in the refrigerator made from the following ingredients:

1 cup red wine vinegar (made from red grapes and a source of Resveratrol and other anti-oxidants)

1/4th cup raw cane sugar

1 tsp pickling spice blend

1 tsp celery seed

1 tsp onion powder

Mix all ingredients and placed sliced beets in to the brine. The brine may be used 2 or 3 times to pickle other raw vegetables like cauliflower, mushrooms and carrots. Enjoy.

## Humus

This is great snack spread to use on plain rice or rice sesame-ginger crackers.

Chick Peas - one 15 oz can. Drain and save liquid.

Tahini - 1/2 cup

Juice of 1/2 lemon

Roasted red pepper or pimento 1/4th cup

Olive oil - 2 TBSP

Basil - 1 tsp optional.

Mix ingredients and mash together with egg beater or use food processor. If too thick, thin with chick peas juice or add more lemon juice. Store in refrigerator and use within 5 days.

## Cherry Cooler

Anti-inflammatory - lowers blood sugar, blood pressure and helps cleanse the liver.

In a blender add 8 ozs tart cherry juice, 1/2 lemon with rind, 1/2 tsp of cinnamon powder and 1/2 inch square fresh ginger root. Blend at high speed for 1 minute, strain and drink.

## Mulberry Preserves that taste like black raspberries

Mulberries are a trouble free berry that ripen in late June to July here in Wisconsin. I am fortunate to have one large mulberry tree in my back yard that friend gave me 10 years ago. However, I did not find mulberries especially flavorful until I tried the following recipe.

1. 2 cups of raw mulberries. Wash and rinse.
  2. Place mulberries in a Blender.
  3. Add the juice of 1/2 lemon and 1/2 cup of sugar.
  4. Blend for one minute. Pour into a pan, turn on the heat, and simmer for 3 to 5 minutes.
- Remove from heat and pour into a glass jar. Store in the refrigerator or can in a jar any other fruit preserve. You don't need to add any pectin. These preserves taste great on toast or as topping on ice cream and have the awesome flavor of black raspberries. Enjoy.

## Seven foods for better health

The seven foods listed below will help restore normal digestion, a normally functioning liver and significantly increase friendly flora in the colon. The bottom line is that including these 7 foods in your daily diet will improve your digestion, increase your energy level and well-being.

### **Garlic - (supports Natural Killer cell activity)**

Garlic is a naturally rich source of zinc and sulfur. It has a 5,000 yr. history as an infection fighter. During the middle ages, it was used along with apple cider vinegar to stop the plague. Legend tells us that during the bubonic plague, four thieves drank a potion of vinegar and garlic and would rob the graves of the dead. They believed the garlic and vinegar mixture protected them from the plague. Garlic has been reported in some studies to be more effective than the anti-fungal drug Nystatin in killing various strains of yeast and fungus. Several studies have shown that garlic inhibits viral replication (1).

Dr. Edward Delaha of George Washington University showed that garlic inhibited many acid-fast bacteria, including tuberculosis (1). Dr. Lou reported in his book, "Garlic for Health," that he and his students were testing various drugs for their anti-microbial activity. He stated:

"Upon returning to my laboratory, I prepared diluted garlic extract, introduced it to several of the cultures, and stuck them in the incubator overnight. The next day I was astounded to find that the diluted garlic extract did indeed stop the growth of those cultures, more effectively, in fact, than some of the potent drugs we were testing at the time."

A medical student working with Dr. Lou reported that the HIV virus did not grow well in the presence of garlic in tissue cultures (1). Garlic has been reported in several studies effective against several forms of cancer. The antimicrobial spectrum of garlic by in vivo and in vitro studies include Herpes, Cryptocci, Candida, Histoplasma, Mycobacteria, Salmonella, and Entamoeba. Garlic has increased platelet counts in some studies.

Mark Abbruzzese, M.D. of Washington, recently tested fresh raw garlic in his lab against various pathogens like Tuberculosis and various strains of yeast and found that raw garlic killed them all. The same anti-bacterial effects were not found from over the counter garlic pills.

1. "Garlic for Health," Dr. Benjamin Lou, M.D. Lotus Light Publications

### **Lemons**

Lemon juice stimulates the liver and improves digestion. It helps in the digestion of proteins by stimulating production of hydrochloric acid. It helps dissolve minerals in the food you eat and stimulates saliva flow to assist in digesting carbohydrates. It helps in digesting fats. More than any other substance, lemon juice will improve assimilation of nutrients from food you eat. Taken with meals, it will help raise saliva pH. It will help in weight gain. It also possesses natural anti-viral properties.

## **Olive oil-**

"Cold Pressed or Extra Virgin" is preferred for most purposes. Olive oil has been shown in recent studies to reduce the incidence of breast cancer. It has been recommended by many holistic health care practitioners to help detoxify the liver. Olive oil should be used with lemon juice on salads. Use Light olive oil for certain bakery (pancakes, cookies etc) - it is debittered and still has 90% monounsaturated fats.

## **Shiitake mushrooms -**

Studies in Japan have found that Shiitake mushrooms build up Natural Killer cells. Fresh shiitake mushrooms are sold in many grocery stores and are a better buy than the pills. Use them raw on salads or use them in an egg omelet. Avoid overcooking - warm them slightly for stir-fries.

## **Cayenne -**

Cayenne (red pepper) is good to increase body heat, heal ulcers and intestinal inflammation. It stimulates circulation, warms the body, and is beneficial to the liver and digestion. It benefits conditions of congestion, lung problems and helps fight infections.

## **Beets**

Beets contain betaine hydrochloride, an aid in protein digestion. Raw beets have natural anti-cancer properties, anti-cancer properties and are very beneficial for healing the liver.

## **Squash**

Squash, along with beans and corn, are known to Native American Indians as the three sisters. Squash is very high in beta-carotene, which promotes friendly intestinal flora. Squash and other foods high in beta-carotene will support immune function and intestinal health. Enjoy

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