

Symbol NOTES:

1) Products Marked with (**) have to be purchased directly from Dr. Joel Furman, as they are his proprietary formulas and are not available elsewhere.

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2) Products Marked with (*) are available from most and major health food stores and major large grocery chains.

**Vegetarian/Vegan Vegetable Stew (Soup) Recipe**

If you decide to follow Dr. Fuhrman's Nutrition Plan, you will need to contemplate eating this stew (soup) at lunch or dinner every day along with a large soup bowl of tossed greens with chopped mixings (i.e., scallions, radishes, mushrooms, baby spinach, romaine lettuce, green pepper sweet red pepper, red onion, celery, ground mixed nuts and seeds (i.e., almonds roasted unsalted, shelled walnuts, sesame seeds white & black, roasted pumpkin seeds, roasted sunflower seeds) and other choice of your favorite salad toppings to toss in. Plan on using one of your own home made Dr. Fuhrman's recipes for tasty nutritious salad dressings (*See my website pdf file link for Basic Recipes Dr. Fuhrman's Phase Four Diet Plan*).

** (Make every attempt NOT to use store-bought pre-packaged salad dressings as they may and usually contain sodium, oils, preservatives and chemical thickeners.)**

Day Before Prep

Using an 8 qt. stock pot insert the following:

One 16 oz. bag Goya 16 Bean Soup Mix Beans (*)

One quarter 16 oz. bag (4 oz.) Goya Red Kidney Beans (*)

One quarter 16 oz. bag (4 oz.) Goya Great Northern White Beans (*)

One quarter 16 oz. bag (4 oz.) Goya Lentils (or Store Brand) (*)

One quarter 16 oz. bag (4 oz) Goya Pinto Beans (or Store Brand) (*)

Cover with water approximately by 1.5 inches, cover and let stand soaking overnight.

Making the Stew (Soup)

Uncover bean pot set aside soaking water for later or transfer both soaking water & beans into large 16 – 18 qt Stockpot.

Using the previous 8 qt stockpot (cleaned) insert Steamer Plate or basket for blanching the following greens that make up 90 percent of our stew. After blanching the greens (may take multiple steps to blanch all into a pureed sauce held in a large stainless steel mixing bowl to be added into the 16 – 18 qt. Stockpot now holding the Beans and soaking water. Insert the blanched and softened greens into a high-speed blender or juicer to render them into the puree state. Adding small quantities of 100% unsweetened unsalted carrot juice to keep the vegetable greens pliable for blending or juicing during the puree making process. Set aside blanching steam water to add into finished soup and stir in for additional nutrients leached out of greens during steaming process.

Add the filled mixing bowl of puree into the larger stockpot and begin to heat up the contents with medium to low heat, being careful not to burn the bottom contents of Beans, as they will slowly sink to the bottom during the cooking process.

Making The Above Mentioned Blanched Vegetable Puree With The Ingredients Below: (*)

Mustard Greens one bunch (handful 1.5 cups)
Watercress, raw
Kale
Collard Greens or Turnip Greens
Bok Choy (Chinese Cabbage Leaves & Stalks (individually washed)
Spinach, raw (Baby)
Swiss Chard (Leaves and upper stalks)
Leeks (3 whole) (Opened individually washed tops and bottoms trimmed)
Celery (4 whole) Stalks & Tops)
Tomato Sauce / Juice (Sodium Free) (1 qt.)
Carrot Juice 100% Pure Unsweetened Low Sodium (1 qt.)

Using the Tomato and Carrot Juice make the Puree for the stock base of the stew
And either high speed blend or juice items mentioned above. Add all into the large now cooking bean pot.

For taste and spicing add the following and stir into the soup base

Unit of Measure Abbreviations used in this document:

fl. oz.	fluid ounce
gal.	gallon
lb.	pound
oz.	ounce
tbsp.	tablespoon
tsp.	teaspoon
cup	cup

One rounded tbsp. “MatoZest”™ Soup Base & Seasoning 8 oz. Jar
(<http://www.drthurman.com>) (**)

Three tbsp. Bragg Liquid Aminos (*)
 One tbsp. Kikkoman Low Sodium Soy Sauce (*)
 One tsp. Mrs Dash Xtra Spicy (*)
 Two tbsp. Crushed Red Pepper (*)
 One tsp. Mc Cormick’s Crushed Garlic (*)
 One tsp. Curry Powder (*)
 Three whole Bay Leaves
 One tbsp. Chef Paul Prudmamme’s Magic Seasoning Blends Vegetable Mix (*)
 One tbsp. Black Pepper or One tsp. White Pepper (*)
 One rounded tbsp. Flax Hull Lignans crushed and ground fine (*)
 Salt (Sea Salt) to taste I use none in my soup/stew

Fold into soup base, turn down to simmer, cover, and cook until thickened stirring occasionally for about four hours.

Place Stew into freezer safe screw lid qt. containers, leaving about 3 qts. in the refrigerator for the next few days.

Heating & Serving

Place One qt. of refrigerated but thawed stew into double boiler stove top pot and set heat to low medium. Heat until hot and serve in medium soup bowls.

(Serves Two, or a hungry One).

All of the ingredients above may be modified somewhat to individual taste. However, you must have most of the afore-mentioned Green Fresh Vegetables in your stew for proper nutritional value for health, weight control, cleansing and detoxing purposes.

Closing Credits (Next Page)

Respectively submitted and recopied by Frank J. Seeley within the basic guideline references located within Dr. Joel Fuhrman's Books "[Eat for Health](#)" © available at: (<http://www.drthurman.com>).

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Specialized Product Ingredients Purchase Assistance:

(**) Dr. Fuhrman's Proprietary Formula Products (<http://www.drthurman.com>).

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