



Slow-cooked Vegetable & Bean Soup

Compounds that aid in cancer prevention are antioxidants and phytochemicals. The former blocks cell-damaging free radicals and include blueberries, apples, coffee, tomatoes, beans and dark leafy greens like spinach and kale. There are two phytochemicals to consider for their anti-cancerous qualities: Sulforaphane and Isoflavone. Sulforaphane is found in cruciferous veggies, such as broccoli, brussel sprouts and cabbage. This chemical blocks DNA mutations and reduces inflammation in the body. The latter, Isoflavone, is found in legumes and can reduce the risk of breast and prostate cancers.

Ingredients

Optional: 1 tablespoon oil plus 1 teaspoon butter

1/2 cup onion (chopped)

2 cloves garlic (minced)

3 cups cabbage (chopped)

2 cups zucchini (chopped, or summer squash)

1 cup carrots (diced)

1 cup celery (chopped)

1 (28-ounce) can tomatoes (undrained)

1 (15-ounce) can black-eyed peas (drained and rinsed well)

1 (15-ounce) can red kidney beans (drained and rinsed well)

1 (10-ounce) package spinach (frozen, thawed, and squeezed dry)

4 cups chicken broth (low sodium or unsalted)

4 cups tomato juice (or V-8)

2 teaspoons basil (dried, crushed)

1 teaspoon dried oregano

1 teaspoon kosher salt (or to taste)

1/4 teaspoon black pepper (freshly ground)

Optional: 3 to 5 drops hot sauce

Optional: grated Parmesan cheese for serving

Directions

1. Gather the ingredients.
2. If desired, sauté the onion in a small amount of butter and oil before adding to slow cooker.
3. Add the onion to slow cooker, along with the remaining ingredients, except the cheese.
4. Cover the slow cooker and cook on low for 8 to 10 hours.
5. Serve the soup with grated Parmesan cheese if desired.

Sources: [The Spruce Eats](#)



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