

Plant Based Health

healthy food you can swallow



Cold weather Soups, Stews and Chilis

Carrot & Sweet Potato Soup by Kay

- 2 Onions, chopped
- 3 T. Ground Coriander
- 2 T. Marjoram
- 5 cloves Garlic, peeled and crushed
- 4 large Carrots, grated
- 1 large Sweet Potato, grated with skin
- 8 c. Vegetable Broth
- ½ t. Sea Salt
- ½ t. Cayenne Pepper

This soup is easy to make and very flavorful. The carrots and sweet potato provide beta carotene for vitamin A. You can make this soup on your stove top or prepare it for the crock pot and let it simmer while you're away.



1. Cook and stir the onions over medium heat in 2 Tbs of vegetable broth until browned – about 5 minutes. Add additional broth if needed.
2. Add the coriander, marjoram and garlic to the browned onions and cook for 1 minute.
3. Add the grated carrots and grated sweet potato and sauté for 1 minute
4. At this point you can do either of the following:
5. **Stove top:** Pour the vegetable broth into the pot of ingredients and bring to a boil. Reduce temperature to simmer until carrots and sweet potato are soft
6. **Crock Pot:** Pour all ingredients and the vegetable broth into the crock pot. Cook on high for 1 hour and low for an additional 3 hours. Or cook on low for 7 hours. *Makes 10 cups.*

- 1 Onion, diced
- 5 cloves Garlic, minced
- 1 Green Bell Pepper, diced
- 1 T. Jalapeno, minced with seeds
- 3 c. Diced Tomatoes
- 1 ½ c. cooked Kidney Beans
- 1 ½ c. cooked Pinto Beans
- 1 ½ c. Frozen Corn
- 2 t. ground Cumin
- 1 t. Chili Powder
- ½-1 t. Salt
- ½ t. Black Pepper
- ½ t. Cinnamon
- 1 pkg Soy Crumbles (optional)
- 1 c. Water or Vegetable Broth

Thick Tex-Mex Chili by Katherine

We love thick, hearty chili in cold weather. It's always so satisfying and filling, so it makes a great comfort food...especially when served my favorite way: over warm grits!

1. In a 5qt saucepan, sauté onions, garlic and jalapeno over medium heat for 5 minutes. Add bell pepper and continue cooking for 5 more minutes.
2. Add all remaining ingredients, except soy crumbles, and bring to a boil. Cover, reduce heat to simmer and cook for 20 minutes.
3. Add soy crumbles and cook for 5 minutes, until warmed through.
4. Serve plain, or on top of brown rice or grits! *Makes 12 cups.*



Hearty-Hearty Minestrone Soup

by Katherine

- 1 large onion
- 2 Carrots
- 6 c. Vegetable Broth
- 3 Zucchini
- 4 stalks Celery
- 1 T dried Basil
- 1 T dried Oregano
- 2 t. Rosemary
- ½ t. Salt
- ½ t. Black Pepper
- 4 c. Baby Tomatoes (cut half of them into halves)
- 8 cloves Garlic
- 2 c. Rigatoni
- 3 c. cooked Cannelini or Navy Beans

1. Dice the onion & cut the carrots into matchsticks.
 2. In a 7-qt saucepan, cook over medium heat for 3-5 minutes. If needed to keep the vegetables from sticking, add a small amount of water or broth.
 3. While waiting, cut the zucchini into matchsticks and slice the celery.
 4. Add all remaining ingredients, except for the beans, to the saucepan.
 5. Cover and bring to a simmer. Reduce heat to medium-low & cook for 10 minutes until pasta is tender.
 6. Remove the lid and stir in the beans until warmed.
- Makes 5 quarts.



Savory Potato & Pear Stew by Katherine

- 2 Carrots, cut into match-sticks
- 1 large yellow Onion, chopped
- 4 Yukon Potatoes, diced
- 1 ½ c. Red Lentils
- 1 T. fresh Rosemary, finely chopped
- 4 medium Tomatoes, diced
- 4 cloves Garlic, minced
- 1 small Jalapeno, minced
- 6 c. low-sodium Vegetable Broth
- 1 t. Black Pepper
- ¼ t. Salt
- 2 Pears, diced

This stew was inspired by a vacation—it was time to clear out the fridge, stoke up on immune boosting beta-carotene and have leftovers in the freezer upon our return home.

1. In a 5qt saucepan, sauté carrots and onion over medium heat.
2. Add remaining ingredients, except pear. Bring to a boil, then lower heat.
3. Cover and simmer for 30 minutes or until potatoes are fork-tender. Add more broth as desired to thin it. Add pear during the last 5 minutes of cooking.
4. Enjoy this very filling stew with a toasty piece of sourdough bread!



Watch the video here!

Savory Potato and Pear Stew

close video x



This month in....

Joe's Corner

"Is Goat's Milk Healthy?"



Leptin, insulin, ghrelin, and insulin-like growth factor I (IGF-I) are hormones thought to promote growth during neonatal development. These kinds of growth hormones are not only found in humans but in all lactating mammals. Like human mothers, cows and goats supply their offspring with certain growth factors in their milk that are necessary for optimal growth. But after weaning there is no dietary recommendation for adult mammals to drink their own bodily fluids. The same goes for human babies. In America's most popular baby book, Dr. Spock's Baby and Child Care, Dr. Spock points out the multiple concerns with milk consumption for babies. Some potential concerns

include iron deficiency anemia, asthma, eczema, respiratory problems, ear infections, constipation, bloating, and increased risk of type-1 diabetes for children genetically vulnerable.^{1,2}

Americans consume several types of cow's milk (e.g., whole fat, buttermilk, 1%) in hopes to achieve good health. The thought is that milk contains protein, calcium, and other vital micronutrients necessary for bone integrity. Interesting enough, countries in the world that consume the most milk and dairy products have the highest rates of osteoporosis and hip fractures.^{3,4} Clinical research shows that dairy products have little or no benefit for bones.^{5,6,7}

Although animal milks have calcium and protein their calcium is poorly absorbed and their proteins are often difficult to digest. Lactose intolerance affects 75 percent of the world population.^{8,9} People claim that goat's milk is easier to digest and a good alternative for lactose intolerant individuals, but many do not know that lactose is still present. Goat's milk also contains casein proteins, the same proteins identified in cow's milk, which have been shown to increase IGF-I. Research shows the more IGF-I in the body the greater our cancer risk. And researchers found animal proteins influence IGF-I accumulation¹⁰ compared to plant proteins, which can actually decrease IGF-1 levels.¹¹

Furthermore, looking at the nutrient differences between the types of milk you can see who won the award for fat. The National Cholesterol Education Program recommends obtaining < 7% of saturated fat per day. One 8 ounce glass of goat's milk contains almost half of your daily supply of saturated fat.

Type/Amount (1 cup = 8oz)	Total (Kcals)	Total Fat (g)	Sat. Fat (g)	Choles- terol (mg)	Protein (g)	Fiber (g)
Goat	168	10	6.5	27	9	0
Cow	149	8	4.5	24	8	0
Soy	100	4	0.5	0	7	1

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I do not understand why goat's milk is touted as a "health" food when healthier options are available? Fat intake and body fatness drive cancer progression and is one of the largest contributors to cancer risk, according to the American Institute for Cancer Research. The recommendation to drink lactating animals' milk is based on consumer demand and culture, not science. In a physician's health study observing rates of prostate cancer, researchers found men who consume more milk during their lifetime significantly increased prostate cancer risk.¹³ Most of the milk consumed in the study was either 1% or fat-free, (continued on next page)

“Is Goat’s Milk Healthy?” continued...

which shows that animal proteins can be more detrimental than fat alone.

To maximize bone integrity and lower risk of disease it is important to select foods from plant origin, not goats or cows milk. The most healthful calcium sources are green leafy vegetables and legumes, or "greens and beans" for short. Broccoli, Brussels sprouts, collards, kale, mustard greens, Swiss chard, and other greens are loaded with highly absorbable calcium and a host of other healthful nutrients. Vitamin D controls your body's use of calcium. About 15 minutes of sunlight on your skin each day normally produces all the vitamin D you need. If you get little or no sun exposure, you can get vitamin D from any multiple vitamin or other fortified food sources (soymilk, cereals). Lastly, vitamin C helps build the bone matrix giving bones structure and support. Choose whole plant foods like oranges, red peppers, and spinach for healthful sources of vitamin C.

To learn more about foods for disease prevention, visit www.PCRM.org or www.CancerProject.org

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Sign Up Today!

A new “21-Day Vegan Kickstart” begins in January! Sign up at www.21DayKickstart.org to receive a 21-day meal plan, tips from celebrity vegans, motivational webcasts from Dr. Barnard, a restaurant guide and much more. Even if you're not ready to start today, join the email list and save the emails until a time when you are ready. Diet and lifestyle changes are so much easier when you have a partner - with PCRM, you have a whole team behind you! Also, if you have an iPhone download the 21-day kickstart App for free.

A Full English Breakfast for 4

by Katherine

I recently traveled to London, England to train 14 new Cancer Project instructors. While there, Scott and I became obsessed with the “Full English Breakfast” that our hotel served there. Luckily, they had a vegetarian option that we were able to enjoy every day of our stay! After returning home, our first order of business was to recreate the delectable dish to share with our family. A Full English Breakfast has now become our Saturday morning ritual and a special treat for out-of town guests — we hope that you’ll enjoy it too! Warning: it’s very, very filling :)

Tofu Scramble

Baked Mushrooms



Baked Beans

Vegan Sausages

(Smart Links brand-frozen, cooked to package directions)

Potatoes

(frozen, cooked to package directions)

Baked or Grilled Tomato Half

Easy Scramble

Saute ½ of a diced onion in a skillet over medium heat. Use water or vegetable broth, if needed, to keep onions from sticking. Crumble 1 block firm tofu (or mash with a fork) into the skillet. Sprinkle ½ t. salt, ½ t. black pepper, ¼ t garlic powder, 2 t oregano and ¼ t turmeric over the tofu. Gently stir in the skillet and cook for 5-7 minutes until warmed through.

Tomato & Mushrooms

Cut 2 tomatoes in half at their widest point. Place tomato halves (open side up) and 16 small button mushrooms (about 8 oz) in a shallow baking dish and pour ½ c vegetable broth on top. Sprinkle with salt and pepper. Bake at 350 degrees for 10-12 minutes, until mushrooms are tender. *Or, grill the tomatoes.

Baked Beans (canned or homemade)

Saute ½ an onion, that’s diced small, in a skillet over medium heat until tender. When the onions brown and begin to stick, add 1 T of water or vegetable broth. Let turn brown again and repeat until onions are brown and “caramelized”. Add 3 cloved minced garlic and 3 pieces vegan bacon, chopped, and cook for 3 minutes.

Add ½ c of broth, 2 t. mustard powder, 1/2 t. salt, 3 T. maple syrup and 1 T. molasses (optional). Stir and simmer for a few minutes. Add 1 1/2 c. of cooked navy beans and simmer until warmed through. *These homemade baked beans do not have the dark caramel color because there is no brown sugar or coloring added.

Debbie's Beanstalk

Each month, Plant Based Health will have an article on beans and their wonderful health

benefits as well as providing you with some delicious recipes to prepare for your family. You may be saying to yourself, *there is no way my family is going to eat beans and they are just too gassy!* My own family was very skeptical until they discovered not only how amazing beans could taste but how amazing they are for our overall health. As an added bonus, they are a great tool for keeping the extra pounds off. Keep an open mind and take this journey with us into the world of beans. You will learn about the many varieties available and which foods they complement, as well as, their many health benefits.

Every pantry should be stocked with a variety of beans. They come in every color, shape and size, while providing different textures and tastes. We'll teach you how to add them to your current recipes by working them into salads, main dishes, and even desserts. Yes I said desserts! As an added bonus they can help cut food bills because they are so inexpensive to prepare.

How beans translate into weight loss

As we begin the New Year, weight loss is a common concern. How many times have you made that your personal New Year's Resolution? As an American, I am very concerned about this topic given our alarming obesity rates, which continue to rise. One of the best benefits of beans is that eating them helps us consume fewer calories. Fewer calories translate to a lower number when we step on our scales. How is this possible you might ask? Beans are high in dietary fiber. Numerous books have been written about the benefits of fiber in our diet but for this article we are going to focus on its weight loss benefits.

A 2010 American Journal Article of Clinical Nutrition study (tracking 89,000 subjects over 6 years) discovered that those that consumed the most fiber were more likely to have trimmer waist lines. Americans seem to be skimpy when it comes to fiber, consuming an average of 12 grams daily. Current USDA recommendations are 25 grams for women and 38 grams for men. According to PCRM and the Cancer Project that number should be closer to 40 grams for both sexes.

Beans are loaded with fiber, averaging 7 grams per ½ cup serving. Add just one cup of beans to your daily menu and you have added a whopping 14 grams of dietary fiber. That's more than the average American consumes in an entire day. Here's the good news, according to Dr. Neal Barnard, for every 14 grams of dietary fiber we consume, we cut our calorie intake by 10%. Why you ask? Simply stated, fiber fills you up. The more fiber you consume, the less room you have for additional calories. If you are like most Americans (only consuming 12 grams of fiber daily), by slowly working up to the recommended 40 grams a day, you could cut total daily caloric intake by as much as 20%. That may translate into significant weight loss. You will not only be shedding pounds but will be giving your body additional health benefits which we will be talking about in future articles. So as the old saying goes "Eat beans with every meal". Next month's article will focus on how to degas your beans as well as how to pack in protein. A very happy and healthy New Year to you and your loves ones ~ Debbie




Bean of the Month: Adzukis

Adzuki beans are native to Asia, and are small russet colored beans with a white ridge along one edge.

Adzuki beans are very popular in Japanese and Chinese cooking so they can be easily incorporated into too many of these dishes. Their sweet nutty flavor also makes them great for desserts but they also compliment savory dishes as well. I also add them to many of my favorite soup recipes.



Cooking instructions and recipe on next page 

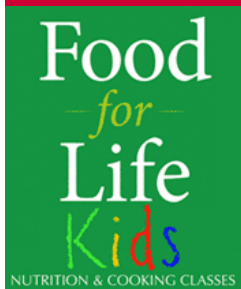
How to cook Adzukis

1. Add beans and three times the amount of water to a large bowl. Soak overnight in the refrigerator to reduce cooking time.
2. Drain and rinse thoroughly.
3. For 1 cup beans, add 3.25 cups water
4. Cover and simmer 45 min. (2 hours if not soaked)
5. Yields approx. 3 cups cooked beans

- **When trying to satisfy that sweet tooth here is a great alternative to high-fat desserts!**
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- Cook one cup of adzuki beans in 2 cups of water until soft and water has been absorbed, approximately 45 minutes.
- Yields approximately 3 cups of beans. Stir in 1/2 cup of an alternative sweetener such as agave nectar or maple syrup.
- You may want to reduce the amount according to taste.
- Mash the bean mixture into a paste (I used a food processor) and use as an alternative to jam, spread on pancakes or waffles, or use as a dip with fruit such as pear or apple slices. Yummy!



Class Schedule - Commit to Your Health in 2011



Saturdays, Jan 8 - 29th (10-11:30am)
 Roanoke Rec Center, 501 Roanoke Rd, Roanoke
 Register at www.cancerproject.org/kids/ or email Debbie@plantbasedhealth.com
Class is free, ages 9-12 welcome

Food For Life CANCER



Thursday, Jan 6th & Wednesdays, Jan 12-26th, 4:30-6:30pm
 Baylor—Irving Cancer Center
 2001 N. MacArthur, Suite 120, Irving
 Call 972-579-4310 to register

Wednesdays, Jan 20th - Feb 12th, 6-9pm, Roanoke Recreation Center, 501 Roanoke Rd, Roanoke
 Register at www.cancerproject.org *Class is free due to a generous sponsorship - adults only*

Thursdays, Feb 17 - Mar 10, 6-9pm Southlake Library, 1400 Main Street (Town Hall, 3rd Floor), Southlake
 Register at www.cancerproject.org *Class is free due to a generous sponsorship - adults only*

Intro-Only Class: Thursday, Jan 20th, 6-8 pm, Southlake Library, 1400 Main Street (Town Hall, 3rd Floor), Southlake Register at www.cancerproject.org *Class is free due to a generous sponsorship - adults only*



Food For Life - DIABETES **Wednesday, February 9th, 6-8pm**
 Roanoke Recreation Center, 501 Roanoke Rd, Roanoke
 Sign up with Katherine 817-526-4811 or katherine@plantbasedhealth.com