



Dr. Fuhrman's Famous Anti-Cancer Soup

Serves: 9

1/2 cup dry adzuki beans, soaked overnight in water and then drained

4-6 medium zucchini

1/2 cup dry split peas

5 cups water, divided

4-6 cups carrot juice, freshly juiced or purchased

2 cups celery juice, freshly juiced or purchased

4 medium onions, outer paper layer removed and quartered

3 leeks, root and 1-2 inches of green top removed

1 bunch turnip greens or other cruciferous greens, trimmed and coarsely chopped

1 bunch bok choy or other cruciferous greens, trimmed and coarsely chopped

1/4 cup raw cashews

1/4 cup hemp seeds

5 ounces fresh shiitake mushrooms, chopped

5 ounces other mushrooms such as cremini, white, oyster or lions mane, chopped

1-2 tablespoons [nutritional yeast](#)

1-2 tablespoons [Dr. Fuhrman's VegiZest](#) (or other no-salt seasoning blend, adjusted to taste)

1 teaspoon Mrs. Dash Salt-Free Seasoning or 1/4 teaspoon black pepper

1. Place the soaked, drained adzuki beans in a large soup pot and add 4 cups of water along with the carrot and celery juices. Bring to a boil, then reduce heat to a simmer. Add whole zucchini to the pot.

2. In a small, separate pot, bring the split peas and 1 cup of water to a boil. Reduce heat and cook for 30 minutes or until tender.

3. While the beans are cooking, place the quartered onions and a small amount of the soup liquid in a high-powered blender and blend to a puree. Add onion puree to soup pot.

4. Cut the leek in half lengthwise and separate the layers. Rinse well to remove dirt. Place in the blender along with a small amount of the soup liquid and blend to a puree. Add leek puree to soup pot.

5. Place the turnip greens and bok choy in the blender with a small amount of cooking liquid and blend to a puree. Add to the soup pot.

6. Remove zucchini with tongs and place in the blender along with a small amount of the soup liquid, cashews and hemp seeds and blend to a puree. Add back to soup pot.

7. Add chopped mushrooms to the soup pot.

8. When split peas are cooked, add them along with their cooking liquid to the blender. Puree and add to soup pot.

9. Stir in the nutritional yeast, VegiZest and Mrs. Dash and cook until adzuki beans are tender (about 2 hours total bean cooking time).