



Detoxifying Adzuki Bean Soup

To make sure you look your best, you have to help your body clean itself from inside. Here is one of my favorite recipes that will cleanse your kidneys and improve your skin.

Adzuki beans are used in Asia as a kidney cleanser. They are high in fiber and a good source of vegetarian protein. They are small brown/red beans which have a white stripe on one edge. They are originally from China and are very popular in Japan. Once they are cooked they give a nutty, sweet flavor. They are a great source of fiber, potassium, niacin, thiamine, riboflavin and other B vitamins. They are also rich in manganese, zinc and iron; all of which are incredibly good for you and needed in your everyday diet.

4 servings

1 cup Adzuki beans, soaked in water 4 hours or overnight
1 piece of kombu
1 bay leaf
1 1/2 cups water

1 Tb coconut oil
1 large onion, chopped
2 carrots, chopped
1 stalk celery, chopped
3 garlic cloves, chopped
1 Tb freshly grated ginger
4 cups vegetable stock, chicken stock or water
1 tsp cumin
Celtic sea salt
Fresh pepper

2 cups chopped spinach
2 Tb lemon juice
2 scallions thinly sliced

- Drain the soaked beans, place the beans, kombu, bay leaf and 1 ½ cups water in a medium sauce pan, bring to a boil. Cover and simmer 1 hour or until almost tender.
- In a stockpot, heat the oil over medium-low heat. Add the onions, carrots, celery, and sauté until tender, about 5 minutes.
- Add the garlic, ginger and cumin; cook 1 minute.
- Add the cooked beans with their liquid and the stock.
- Simmer an additional 25 minutes or until beans are tender, stirring occasionally.
- Add salt and pepper
- Add in the chopped spinach. Simmer 2 minutes to wilt the spinach.
- Add in lemon. Taste to adjust seasoning.
- Serve garnished with scallions.