

Doc Wible's Medicinal Dal Soup

This soup is extremely beneficial for inflammatory conditions and also helps prevent cancer. Think of it as a low level of chemotherapy that you can eat for dinner---and it won't make your hair fall out! Eat a big pot every week! You can modify the amounts to taste, but this will give you a basic formula. The only fat in the recipe comes from the coconut which is optional.

- Large stainless steel pot
- Fill with water 1/2 way

- Add a few cups of lentils (best and easiest are the skinny red lentils)
- 1/2 cup of barley or brown rice (any whole grain you like)
- 1 chopped onion
- 1-2 dried or fresh red peppers or habaneros (to taste)
- Chopped fresh ginger (5 TB or more - to taste)
- Ground turmeric (1 TB or more)
- Ground cumin (2 TB or more)
- A few diced tomatoes**
- Crushed or chopped garlic (5 or more cloves)
- Shredded Coconut (1/4-1/2 cup)

Boil everything for a while and dig in!

** Some people are sensitive to nightshade vegetables and can experience inflammatory symptoms from eggplant, potatoes or tomatoes so exclude if you find yourself in that situation.

By Pamela Wible, M.D.