



Crazy Sexy Bean Chili (*Soups, Vegan*)

Kris Carr, best-selling author behind the [Crazy Sexy Cancer](#) revolution, offers many recipes that are loaded with cancer-fighting ingredients. Her recipe for Crazy Sexy Bean Chili is hearty and flavorful. Try it with corn tortillas and a salad loaded with your favorite greens and veggies for a filling meal that will leave you glowing inside and out.

Ingredients:

- 1 1/2 tablespoon cumin seeds
- 2 tablespoon olive oil
- 1 white onion, diced
- 3 garlic cloves, minced
- 1 jalapeño, finely diced (for less heat, remove seeds or use half the pepper)
- 2 tablespoon chili powder
- 1 1/2 cups ground seitan, crumbled tempeh, or diced mushrooms
- 1 zucchini, diced
- 1/2 cup diced potato (any kind)
- 2 (15oz) cans of black beans, rinsed
- 1 (15oz) can of kidney beans, rinsed
- 1 (14oz) can of crushed tomatoes, such as San Marzano
- 2 cups water
- 2 tablespoon maple syrup
- 1 teaspoon sea salt
- 1/2 bunch of fresh cilantro
- 1 cup kale, chopped
- diced avocado (optional)
- fresh cilantro (optional)

Directions:

Toast cumin seeds in dry soup pot on medium heat for 2 minutes until you smell the robust aroma (this releases the full flavor of the spice). Add the olive oil, onion, garlic, and jalapeño. Stir consistently until the onion is golden and translucent. Add the chili powder, seitan, zucchini, and potato, and stir well. Sauté for 3 to minutes, stirring to avoid sticking. Add in black beans, kidney beans, tomatoes, water, maple syrup, sea salt, and cilantro. Cover with a lid, reduce heat to low, and allow to cook for 20 to 25 minutes, or until the potatoes are tender. Remove from heat, and stir in the kale. Serve hot. Garnish with diced avocado and a handful of cilantro, if using.

8 servings



Easy Vegetarian Chili (Soups, Vegan)

We love this [quick and easy chili](#) from [Two Peas and Their Pod](#)! It freezes well, so make a double batch and freeze half for later. Try swapping out the olive oil for coconut oil. Oils that are cooked beyond their smoke point can produce free radicals that may lead to aging, tissue damage, and disease. Check the label and make sure that your oil is safe for high heat.

Ingredients:

1 tablespoon olive oil
1 onion, chopped
3 cloves garlic, minced
1 carrot, peeled and chopped
1 celery stalk, chopped
1 red pepper, chopped
1 yellow pepper, chopped
1 jalapeno, diced, seeds removed
3 (15 oz.) cans diced tomatoes
2 (15 oz.) cans red kidney beans, rinsed and drained
2 (15 oz.) cans black beans, rinsed and drained
4 cups water
1 1/2 tablespoons cumin
2 tablespoons chili powder
Salt and pepper, to taste

Directions:

1. In a large pot, heat olive oil over medium heat. Add onion and cook until tender, about 5 minutes. Add garlic and cook until light brown, about 2-3 minutes. Add carrot, celery, peppers, and jalapeno. Cook for five minutes, or until vegetables are soft. Stir in diced tomatoes, beans, and water. Season chili with cumin, chili powder, salt, and pepper. Stir and let chili simmer for 30 minutes. Stir chili frequently so it doesn't stick to the bottom of the pan.

Slow Cooker Minestrone *(Soups, Vegan)*

This minestrone soup is perfect for hectic days. It's as simple as chopping up veggies and tossing them in the crock pot in the morning. As a bonus it's loaded with cancer-fighting favorites like mushrooms, kale, and tomatoes. Fast, easy, hearty, and healthy - what's not to love?

Adapted from Skinnytaste.com

Ingredients:

1 (15 oz) can cannellini beans, drained and rinsed
3 cups vegetable broth
1 (28 oz) can diced tomatoes
3 carrots, chopped (about 1 cup)
1 celery stalk, chopped (about a 1/2 cup)
1 onion, chopped
2 garlic cloves, minced
2 Tablespoons fresh basil, chopped
1 sprig fresh rosemary
2 bay leaves
1 cup mushrooms, chopped
1 medium zucchini, chopped
1 cup spinach, chopped
1 cup kale, chopped*
1 cup uncooked elbow or small shell pasta
sea salt and pepper

Directions:

Puree beans and 1 cup broth in a blender. Combine bean puree in slow cooker with remaining 2 cups broth, tomatoes, carrots, celery, onion, garlic, basil, rosemary, and bay leaves. Season with sea salt and fresh ground pepper. Cover and cook on low for 6 to 8 hours. Forty-five minutes before serving, add mushrooms, zucchini, spinach, and kale. Cover and continue cooking on low for 30 minutes. Add pasta and continuing cooking for 10-15 minutes until al dente. Remove bay leaves and rosemary sprig. Season with additional sea salt and fresh ground pepper if needed.*can substitute kale with an additional cup of chopped spinach.