



### **Healing & Heart Warming Foods**

I put some information together for a friend (who is having surgery, so wanted some easy meal ideas) on simple and delicious crockpot cooking ideas, and thought I would send your way as well as it may make life easier for you in cooking. You can get good organic dried beans at Ellwood Thompson's Local Market in Richmond, at Whole Foods, Harris Teeter, Wegman's bulk section, and at some Martin's and Giant Foods in the natural section.

You can also enjoy the below immune boosting foods together with your crockpot creations - strive for a balance of at least half raw foods in your meal, or at least more of them for your evening meal, with more cooked foods in your lunchtime meal.

#### ***Immune System Boosting Foods***

Try to eat as much raw fruits, veggies, and nuts/seeds as you can to bolster your immune system. Organic (40% higher in antioxidants per a recent study!) spinach, celery, broccoli, oranges, tangerines, (plus a little rind if you can! good mixed with rice or oatmeal or yams/sweet potatoes), apples, grapes, berries, kiwis are all very good for you, high in antioxidants or vitamin C or are anti-inflammatory.

Raw nuts like brazil nuts (high in selenium), cashews (high in magnesium), almonds (high in calcium), and walnuts (good for the brain!), as well as flax (good for the hormones - very calming), sunflower (high in calcium), pumpkin (high in iron), and sesame (high in magnesium) seeds, are all very good for you! Organic raisins are high in iron and very energizing and help keep you regular :, so you may want to keep some of those on hand as well as some raw nuts (think trail mix!).

#### ***Crockpot Cooking Ideas (what could be simpler?!)***

Here are some yummy and simple crockpot ideas to enjoy. These are some of my favorite combinations, are super simple to prepare and clean up afterward, are versatile so you can both customize for what you would like (i.e. more carbs, grains, & sweet things for one person more beans & veggies for another), and are very comforting and healing.

Most of these beans don't require any pre-soaking (if they do, as mentioned, soak overnight or at least 4 hours before soaking, use filtered water and pour off the water after soaking - give to your plants, then use fresh filtered water to cook with - if you don't have time to pre-soak, it's ok, they will soak several hours in the crockpot while it's warming up), just wash off the potatoes / yams / squash / carrots etc. real well prior, put in



the crockpot (no need to peel and whole is fine - they will cook faster than the beans anyway), add the dried beans / lentils, then fill to the top with filtered (important!) water. Cover and turn on high for 4-6 hours until beans are soft. Turn off, let cool an hour or so if possible, and then enjoy! You can add some organic olive / coconut / sesame oil in at the end to each person's portion as they like (make sure you eat at least 1 tbs oil per meal, will help keep digestion moving well!), sea salt, and other spices (turmeric for pain and inflammation, cumin for digestion, cinnamon for blood sugar, etc.)

I usually make my morning / lunchtime meal overnight (turn on the night before bed and turn off early in the AM). I typically only eat twice a day, so I eat beans and things for brunch as well as dinner, but I also eat grains sometimes as well at both meals, esp. for brunch meal (rice, oats, etc.) The crockpot food is my main cooked meal (I eat a couple bowlfuls of this), and then if I have them, I also eat raw fruits / veggies with it until I am full. After brunch/lunch, clean out crockpot, refill with supper ingredients, and let cook during the day. If you can eat more raw stuff in the evening that is also helpful.

### **Crockpot Combo ideas (plus ideas for optional add-ins at end of cooking):**

#### **Sweeter**

- Split peas, carrots / yams / sweet potatoes, potatoes - add in spinach / broccoli, turmeric if you want (makes it more pungent though), sesame oil, flax seeds if you want, sea salt - this is one of my favorites!
- Mung beans, yams/sweet potatoes - add in spinach, cumin, sesame / coconut oil, sea salt - this is also one of my favorites!!
- Red lentils, carrots / yams, potatoes - add in spinach/broccoli or serve with celery sticks, sesame oil or seeds, cashews, cumin, sea salt
- Black beans (presoak if you can but not necessary, just takes longer to cook to soft), yams / sweet potatoes - add in chopped purple cabbage or broccoli, cinnamon, sea salt, olive oil

#### **More savory / bitter / pungent**

- Green lentils (either the tiny ones or regular size ones), carrots, potatoes - add in chopped or cherry tomatoes, turmeric, cumin, olive oil, sea salt
- Green lentils, red or golden beets or rutabagas - add in broccoli, turmeric, olive oil, sea salt
- Chickpeas (presoak if you can), potatoes, carrots - add in broccoli, sesame oil or seeds, sea salt



- Soy beans (good for hormones) (presoak if you can), potatoes, - add in tomatoes, olive oil, sea salt, basil or oregano

**Breakfast / dessert - my all time favorite meal! :)**

Try any of these - steel cut oats, brown rice, quinoa, sweet potatoes/yams, butternut or acorn squash, - all go great in the crockpot, then add cinnamon, sea salt, sesame or coconut oil, dried or fresh fruits, and nuts/seeds, and it's super yummy! For example, brown rice, butternut / acorn squash - add in sesame / coconut oil, cinnamon, raw nuts / seeds, sea salt -

one person eats more of the rice and nuts, the other eats more of the squash and nuts, and you are both happy campers!

Hope this is helpful!

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