

OX TAIL SOUP

INGREDIENTS:

- 2 packs of ox tail** (10-14 pieces)
- 3 qt/3.3 L of pure revitalized or spring water**
- 1½ cup of *Lundberg* or *Tinkyada* gluten-free Brown Rice Spirals; *Ceres Organics* Quinoa-Rice Fusilli; or *Organ* gluten-free Buckwheat & Rice Spirals**
- 2 cups of *Birds Eye* or Logan Farm organic frozen petite peas** (or other organic brand)
- 2 carrots**
- 6-8 Tuscan kale leaves**
- 2 Tbsp nettles & astragalus root; or *Selina Naturally* Herb Blend** (*Celtic* sea salt, nettles, astragalus root, onion, garlic)
- 1 Tbsp light grey *Celtic* sea salt** (adjust to taste)
- 2 tsp of garlic powder/granules; or 1 chopped clove of garlic**
- 1 tsp of turmeric**
- ½ tsp of dried red chilli pepper** (for a spicier taste, add more)

DIRECTIONS:

Wash and place the ox tail in a 3¾ qt/3.5 L pot and fill with water above the meat. Cover and bring to a boil. Simmer on a low boil for approximately 1½ hours or until tender. Add water as needed to keep the meat covered.

Add the garlic, herbs, spices, and sea salt. Adjust to taste and stir. Add more water as needed to keep the meat covered. Cover and simmer for a few minutes.

Cook brown rice spirals in a separate 2 qt/1.9 L pot until ardent. Drain and set aside.

Wash and grate carrots with a large grater, and add into the soup.

Wash and cut thin strips of kale into the soup. Cook for 10 minutes.

Rinse the frozen petite peas in a strainer and add to the soup. Cover and cook for 5 min. Add the cooked pasta to the soup and stir.

Pour into bowls, serve, and ENJOY this deliciously nutritious soup!

Serves 2

Use **organic** ingredients and grass-fed, free range meat

Suitable for O & B blood types

Ox tail is the common name for cow's or beef tail. It comes sliced in thick pieces and is used in a variety of cuisines. It makes a nutritious bone soup or stew, which is rich in fat, protein, B vitamins, and minerals, such as iron and zinc. The fat, cartilage, bone marrow, and collagen add to the flavor. These nutrients also provide nourishment for the joints, immune system, growth, skin elasticity, and repair of tissues. Its gelatine content is beneficial for gut flora, which helps to reduce inflammation.

When slow-cooked as a soup, stewed, or braised for a long period of time, the meat becomes very tender. When cooked with vegetables, it is tasty and particularly beneficial in cold weather.

Select pieces that are lean, fresh, and bright red in color. They can be stored in the fridge for a few days or frozen for up to 4-5 months.

Peas and other legumes belong to the plant family known as the *Fabaceae*, which is also called the bean or pulse family. The garden pea was one of first crops to be cultivated by humans, thousands of years ago. They were first grown in the Himalayan plains of NW India, the Middle East, and the Mediterranean basin. There are three types of commonly eaten peas: garden or green peas (*Pisum sativum*), snow peas (*Pisum sativum var. macrocarpon*) and snap peas (*Pisum sativum var. macrocarpon ser.cv.*), which are a cross between the garden pea and snow pea. Peas are one of the few members of the legume family that are sold and cooked as vegetables. Legumes are plants that bear fruit in the form of pods enclosing seeds we know as beans.

The nutritious, leguminous green pea is rich in fiber, protein, phytonutrients, minerals, and vitamins A, B, C, K and ALA. Their fiber and nutrients provide cardiovascular benefits and help regulate blood sugar levels. Peas contain a significant amount of lutein, which helps prevent macular degeneration and lowers the risk of cataracts. Peas are a good source of phenolic acids and nutrients help regulate blood sugar levels a polyphenol called coumestrol that has been shown to decrease the risk of stomach cancer. Peas have the ability to chelate metals and inhibit linoleic acid oxidation. In fact, they are loaded with antioxidants, anti-inflammatory nutrients, and alpha and beta-carotenes.

Peas compliment soups, gluten-free pasta, rice, and many ethnic recipes. Fresh or frozen petite/baby green peas are preferred for their sweetness, tenderness, and flavor.

Select peas that are bright green, firm, and plump. Store fresh peas in the fridge. Fresh peas can be blanched for one or two minutes and then frozen. Frozen peas can last from 6-12 months.

Originating thousands of years ago in central Asian and Middle Eastern countries, **carrots** belongs to both the *Umbelliferae* and *Apiaceae* families. This popular root vegetable comes in orange, yellow, red or purple and grows from two inches to 3 feet. All colors belong to the same genus and species of plant, *Daucus carota*. Different colors contain different varieties of antioxidant phytonutrients. Red and purple are rich in anthocyanin; orange is rich in betacarotene; and yellow is rich in lutein.

Carrots are rich in antioxidants (carotenoids, hydroxycinnamic acids, and anthocyanindins). A 10 year study from the Netherlands found dark orange/yellow carrots to be protective against cardiovascular disease (CVD). The vitamin A, beta and alpha carotene, and potassium in carrots, also help to reduce the risk of cancer. Cooking, steaming, or juicing carrots increases absorption of its beta and alpha carotene from 3% to 39%. Its newly discovered polyacetylenes, which include falcarinol and falcarindiol, interact with the carotenoids (alpha/beta carotene, lutein) and inhibit the growth of colon cancer cells. They also have strong skin-protecting antioxidant activity. Plus, they have anti-inflammatory and anti-aggregatory properties. Carrot's fibre pectin, detoxifies heavy metals and other aging toxins. Its flavonoid rutin, helps to prevent varicose veins and hemorrhoids. Carrots are also a good source of biotin and other B vitamins, vitamins K and C, fiber, molybdenum, folate, phosphorus, and other minerals.

Researchers at the Jules Stein Institute at the U of California, Los Angeles found that women who consume carrots at least twice a week have lower rates of glaucoma.

China produces one-third of all the world's carrots. Russia is the second largest carrot producer, and the U.S. is the third, with 320,000 tons a year. California produces 80% of all fresh market carrots in the U.S.

Select carrots that are firm, straight, and brightly colored. Dark stem and limp carrots are signs of age.

Store them in the coolest part of the fridge in a plastic bag or container to prevent loss of moisture. Keep them away from fruits and other produce that produce ethylene gas, which will cause them to become bitter. Remove the green tops before storing. Carrots are best consumed raw, lightly steamed, or in soups and will last up to two weeks if properly stored.

Kale, also known as borecole and cow cabbage, originated in Asia Minor and was brought to Europe by Celtic wanderers around 600 B.C. It was a significant crop during ancient Roman times. English settlers brought kale to the USA in the 17th century.

Kale comes in different varieties: cavolo nero (Tuscan kale), curly kale (Scots kale), and red Russian kale. Lacinato or Tuscan kale has a long tradition in Italian cuisine and dates back to the 18th century. It is superior to other varieties, tastes better, and is commonly used in soups, pastas, and salads.

Kale is a powerhouse of vitamins, minerals, and phytonutrients. Its flavonoids and glucosinolates, (glucobrassicin, glucoraphanin, and sinigrin), are converted into isothiocyanates in the digestive track, which help prevent DNA damage, various types of cancer, cardiovascular disease, macular degeneration, asthma, rheumatoid arthritis, and loss of skin elasticity.

Kale is low in oxalates and promotes urinary tract health. Its high amounts of vitamins K, C, A, beta-carotene, manganese, copper, vitamin B6, fiber, kaempferol, and quercetin, also provide strong anti-inflammatory and anti-oxidant benefits. In fact, kale has one of the highest ORAC (oxygen radical absorbance capacity) rating (1,770) among vegetables. Kale also provides calcium, potassium, iron, vitamin E, B vitamins, magnesium, protein, phosphorus, omega 3 fats, and folate.

Select kale that is fresh, firm, and deeply colored with moist stems. Avoid faded, yellow, or brown colored kale, which are signs of ageing.

Keep dry and store in a plastic bag in the fridge, where it will keep for about 5-7 days.

Lundberg Family Farms: <http://www.lundberg.com/> 1 530 538-3500

Ceres Organics: <http://www.ceres.co.nz/> + 649 574-0373

Orgran: <http://www.orgran.com> + 613 9776-9044

Selina Naturally/Celtic sea salt: www.selinanaturally.com 1 888 644-7754

Tinkyada, Food Directions Inc.: www.tinkyada.com 1 888 323-2388

The Vortex Water Revitalizer: <http://www.alivewater.com/> 1 888 644-7754