



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Kidney Bean and Asparagus Soup

- 8 cups Spring *or* Filtered Water  
(*or* Organic Vegetable Stock)
- 1 bunch Organic Asparagus, ends trimmed
- 2 cups Organic Kidney Beans, pre-cooked
- 3 Organic Carrots, chopped
- 1 Organic Parsnip, chopped
- 1 Organic Red Onion, diced
- 1 cup Organic Shitake *or* Button Mushrooms
- ¼ cup Grass-fed Butter  
(*or* coconut oil)
- 3 cloves Organic Garlic, fine chopped
- 1 tsp. Coriander Seed, ground
- 1 tsp. Turmeric
- Salt & Pepper, to taste
- Organic Fresh Parsley or Cilantro, chopped



1. Slice mushrooms and sauté in butter or coconut oil.
2. Put water or stock in slow cooker or soup pot.
3. Add cut vegetables.
4. Add sautéed mushrooms.
5. Add butter or oil.
6. Add spices.
7. Add cooked, rinsed, drained kidney beans.
8. Cook in slow cooker for 4 hours at medium heat, or simmer for 2 hours on stovetop. Add water as necessary.
9. Garnish as desired. Enjoy!

Tip: If using canned beans be sure to rinse well before use.