

Kitchen Prescription

Healthy Recipe Favorites from
Cleveland Clinic Nutrition & Culinary Experts



Culinary Medicine – What is it?

Culinary Medicine at the Cleveland Clinic combines the evidence-based science of food, nutrition and medicine with the joy and art of cooking. So whether you're trying to lose weight or better manage chronic conditions, we offer Culinary Medicine education so you won't compromise the TASTE of your meals or your HEALTH!

Culinary Medicine Techniques

In this edition, the “Broccoli Bean and Leek Soup” recipe will show you how to thicken soups with vegetables and legumes instead of a roux or cream. We know broccoli, legumes and leeks are loaded with nutritional health benefits, and the task is to include them more often in our diet. This soup does that! In addition, the ratio of these whole plant-base foods to vegetable broth will yield a thick like soup without dairy or thickeners. Cannellini beans can easily be substituted with navy, great northern or other white beans.

Want to learn more!

Cleveland Clinic Center for Integrative and Lifestyle Medicine offers:

- Individual Culinary Medicine Consults.
- “Culinary Medicine for Chronic Disease” Shared Medical Appointments (SMAs)
- “Lifestyle Essentials” & “Living Well After Breast Cancer” SMAs

The culinary medicine components of these SMAs are conducted in our culinary medicine teaching kitchen under the guidance of physicians and professional chefs.

See clevelandclinic.org/integrativemedicine for more information.

Broccoli, Bean and Leek Soup

Makes 10 Servings –
Serving Size: 1 cup

Ingredients:

- 2 teaspoon Extra Virgin Olive oil
- 2 cups Sweet Onion - small dice
- 2 teaspoon Fresh Garlic – chopped
- 1 cup Leeks - white part only, washed, medium dice
- 5 cups Vegetable Broth
- 1 ½ cups Cannellini Beans – 1 / 16oz can, rinsed
- 1 lb. Fresh Broccoli – cut into 1 ½ -inch pieces
- 1 teaspoon Salt
- ¼ teaspoon Pepper

Procedure:

In a four quart pot sauté onions on medium heat in olive oil until transparent, add garlic and cook without browning while stirring frequently until aromatic, about 2 minutes. Add diced leeks and sauté 2 minutes. Add vegetable stock, increase heat and bring to a simmer. Add cannellini beans and broccoli florets or two 10 ounce packages of frozen broccoli florets and simmer on medium heat until broccoli is lightly cooked but still crunchy. Add salt and pepper, turn off heat and blend with a vertical immersion blender until completely pureed.

If a vertical immersion blender is not available, you can use a regular blender but allow the soup to cool to room temperature first to avoid pressure build up and risk of being burned. Also, blend with top of blender securely held and slightly vented to allow pressure to escape.

Nutritional Information per Serving:

Calories: 80	Cholesterol: 0mg	Protein: 4g
Sodium: 360mg	Saturated Fat: 0g	Carbohydrate: 13g
Sugars: 3g	Fiber: 4g	

Created by Jim Perko CEC, AAC



Jim Perko, CEC, AAC
Cleveland Clinic Executive Chef



Simply prepare this recipe at home, or use the above **Culinary Medicine Techniques** in a recipe of your own, and send a photo to wellness@ccf.org. Your photo will be featured on the Employee Wellness website, so, be creative with it!

