

BY DR. PATRICK QUILLIN, PHD,RD,CNS

10 ANTI CANCER

Easy & Tasty

SOUP RECIPES

that don't compromise on flavor



Your Journey to Beating Cancer with Nutrition Begins Here

Unlock Nourishing and Healing Soup Recipes



Are you ready to embark on a journey towards better health and well-being?

We are thrilled to offer you an exclusive opportunity to access our comprehensive soup recipe book tailored to support your fight against cancer through the power of nutrition.

We understand the critical role that diet plays in combating cancer and promoting overall wellness. That's why we've curated a collection of 10 nourishing soup recipes specifically designed to harness the healing properties of wholesome ingredients and superfoods. From immune-boosting mushroom soups to detoxifying beet and cabbage creations, each recipe is crafted with care to provide you with a delicious and nutrient-packed meal option.

Our soup recipes are not only flavorful and satisfying but also backed by scientific

research and expert insights. By incorporating these nourishing dishes into your diet, you'll be taking proactive steps towards supporting your body's natural defenses and optimizing your health outcomes.

Join us on this journey to wellness, one comforting bowl of soup at a time. Together, we can empower ourselves with the knowledge and tools needed to thrive on the path to beating cancer with nutrition.

Good Vibrations,
Dr. Patrick Quillin, PhD, RD, CNS

America's #1 Cancer Nutrition Expert
Sold over 2,000,000 books
Author 19 Books inc. "Beating Cancer with Nutrition"
Leading Keynote Speaker

Immune Boosting Mushroom Soup

4 servings



Ingredients

- 400g mixed mushrooms
- (shiitake, maitake, reishi)
- 1-2 onion, finely chopped
- 2 cloves garlic, minced
- 2 cups vegetable broth
- 2 tablespoon olive oil
- Salt and pepper to taste
- Fresh thyme leaves for garnish (optional)

Preparation

1. Heat olive oil in a large pot over medium heat. Add chopped onion and minced garlic, and sauté until softened and fragrant, about 2-3 minutes.
2. Add mixed mushrooms to the pot and cook until they start to brown, stirring occasionally, about 5 mins
3. Pour in vegetable broth and bring the mixture to a simmer. Allow it to cook for about 10-15 minutes, until the mushrooms are tender.
4. Season the soup with salt and pepper to taste, adjusting as needed.
5. Serve the soup hot, garnished with fresh thyme leaves if desired.

Enjoy the immune-boosting benefits of this delicious mushroom soup!

Tomato and Basil Soup

4 servings



Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups ripe tomatoes, chopped
- 1 cup vegetable broth
- Salt and pepper, to taste
- 1/4 cup fresh basil leaves, chopped
- Optional: 1/4 cup heavy cream or coconut milk for creaminess

Preparation

1. Add minced garlic to the pot and sauté for another minute until fragrant.
2. Add chopped tomatoes to the pot along with vegetable broth. Bring the mixture to a boil, then reduce heat to low and simmer, covered, for about 20-25 minutes or until tomatoes are softened.
3. Use an immersion blender or transfer the soup to a blender in batches, and blend until smooth.
4. Return the blended soup to the pot. If desired, stir in the heavy cream or coconut milk for creaminess.
5. Season the soup with salt and pepper to taste, and stir in chopped basil leaves.
6. Simmer the soup for an additional 5 minutes to allow flavors to meld together.
7. Serve the tomato and basil soup hot, garnished with additional fresh basil leaves if desired.

Enjoy this flavorful soup packed with lycopene from tomatoes and aromatic basil!

Lentil Soup

4 servings



Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 cup dried red lentils, drained
- 4 cups vegetable broth
- 1 (14 oz) can diced tomatoes
- Fresh cilantro, parsley for garnish
- Lemon wedges for serving

Preparation

1. Heat olive oil in a large pot over low heat. Add diced onion. Cook until softened, 5 mins.
2. Add minced garlic and grated ginger to the pot, and sauté for another 1-2 minutes.
3. Stir in ground turmeric, cumin, and coriander, and cook for an additional minute to toast the spices.
4. Add rinsed lentils, vegetable broth, and diced tomatoes to the pot. Bring mixture to a boil, reduce heat to low and simmer, covered, for 20-25 mins or until lentils are tender.
5. Once lentils are cooked, use an immersion blender to partially blend the soup until desired consistency is reached, or transfer half of the soup to a blender and puree until smooth, then return to the pot. Season with salt and pepper.
6. Serve the soup hot, garnished with fresh cilantro or parsley if desired, and with lemon wedges on the side for squeezing.

Enjoy the nourishing and anti-inflammatory benefits of this turmeric lentil soup!

Kale and White Bean Soup

4 servings



Preparation

1. Heat olive oil in a large pot medium heat. Add chopped onion and minced garlic, and sauté until softened and fragrant, about 2-3 minutes.
2. Add mixed mushrooms to the pot and cook until they start to brown, stirring occasionally, about 5 minutes.
3. Pour in vegetable broth and bring the mixture to a simmer. Allow it to cook for about 10-15 minutes, until the mushrooms are tender.
4. Season the soup with salt and pepper to taste, adjusting as needed

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 (14 oz) can diced tomatoes
- 2 cups chopped kale, stems removed
- 1 (14 oz) can white beans
- 1 teaspoon dried thyme
- Fresh parsley for garnish
- Lemon wedges for serving

Ginger Carrot Soup

4 servings



Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 lb carrots, peeled and chopped
- 4 cups vegetable broth
- Salt and pepper, to taste
- Fresh cilantro or parsley, for garnish (optional)

Preparation

1. Heat olive oil in large pot over medium heat. Add chopped onions and cook until translucent, about 5 minutes.
2. Add minced garlic and grated ginger to the pot, and sauté for another 1-2 minutes until fragrant.
3. Add chopped carrots to the pot and stir well to combine with the onion, garlic, and ginger.
4. Pour vegetable broth into the pot and bring the mixture to a boil. Once boiling, reduce heat to low and simmer, covered, for about 20-25 minutes or until carrots are tender.
5. Use an immersion blender or transfer the soup to a blender in batches, and blend until smooth.
6. Season with salt and pepper to taste, and adjust consistency with more broth if needed.
7. Serve the ginger carrot soup hot, garnished with fresh cilantro or parsley if desired.

Enjoy this soothing and comforting dish, packed with anti-nausea properties from ginger and vitamins from carrots!

Spinach and Quinoa Soup

4 servings



Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 cup quinoa, rinsed
- 4 cups vegetable broth
- 1 can (14 oz) diced tomatoes
- 2 cups chopped fresh spinach
- Salt and pepper, to taste
- Fresh parsley, for garnish
- Grated Parmesan cheese, for serving

Preparation

1. In a large pot, heat olive oil medium heat. Add chopped onion, minced garlic, diced carrot, and diced celery, and sauté until vegetables are softened, about 5-7 minutes.
- 1 Stir in rinsed quinoa and cook for another minute to toast the quinoa.
- 2 Add vegetable broth and diced tomatoes to the pot, and bring the mixture to a boil.
- 3 Reduce heat to low and simmer, covered, for about 15-20 minutes or until quinoa is cooked and vegetables are tender.
- 4 Stir in chopped fresh spinach and simmer for an additional 2-3 minutes until spinach is wilted.
- 5 Season the soup with salt and pepper to taste.
- 6 Serve the spinach and quinoa soup hot, garnished with fresh parsley if desired. For added flavor, sprinkle grated Parmesan cheese on top before serving.

Enjoy this hearty and nutritious soup as a wholesome meal!

Broccoli and Cauliflower Soup

4 servings



Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups broccoli florets
- 2 cups cauliflower florets
- 4 cups vegetable broth
- Salt and pepper, to taste
- Optional: 1/4 cup grated

Preparation

1. Heat olive oil in a large pot over medium heat. Add chopped onion and cook until softened, about 5 minutes.
2. Add minced garlic to the pot and sauté for another minute until fragrant.
3. Add broccoli and cauliflower florets to the pot along with vegetable broth. Bring the mixture to a boil, then reduce heat to low and simmer, covered, for about 15-20 minutes or until vegetables are tender.
4. Use an immersion blender or transfer the soup to a blender in batches, and blend until smooth.
5. Return the blended soup to the pot. Season with salt and pepper to taste.
6. Simmer the soup for an additional 5 minutes to allow flavors to meld together.
7. Serve the broccoli and cauliflower soup hot, garnished with grated Parmesan cheese if desired.

Enjoy this nutritious soup packed with cancer-fighting compounds from broccoli and cauliflower!

Tomato and Basil Soup

4 servings



Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups ripe tomatoes, chopped
- 1 cup vegetable broth
- Salt and pepper, to taste
- 1/4 cup fresh basil leaves, chopped
- Optional: 1/4 cup heavy cream or coconut milk for creaminess

Preparation

1. Add minced garlic to the pot and sauté for another minute until fragrant.
2. Add chopped tomatoes to the pot along with vegetable broth. Bring the mixture to a boil, then reduce heat to low and simmer, covered, for about 20-25 minutes or until tomatoes are softened.
3. Use an immersion blender or transfer the soup to a blender in batches, and blend until smooth.
4. Return the blended soup to the pot. If desired, stir in the heavy cream or coconut milk for creaminess.
5. Season the soup with salt and pepper to taste, and stir in chopped basil leaves.
6. Simmer the soup for an additional 5 minutes to allow flavors to meld together.
7. Serve the tomato and basil soup hot, garnished with additional fresh basil leaves if desired.

Enjoy this flavorful soup packed with lycopene from tomatoes and aromatic basil!

Sweet Potato & Turmeric Soup

4 servings



Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 large sweet potatoes, peeled/ diced
- 1 teaspoon ground turmeric
- 4 cups vegetable broth
- Salt and pepper, to taste
- Optional: Fresh cilantro or parsley for garnish

Preparation

1. Add minced garlic and ground turmeric to the pot, and sauté for another minute until fragrant.
2. Add diced sweet potatoes to the pot along with vegetable broth. Bring the mixture to a boil, then reduce heat to low and simmer, covered, for about 15-20 minutes or until sweet potatoes are tender.
3. Use an immersion blender or transfer the soup to a blender in batches, and blend until smooth.
4. Return the blended soup to the pot. Season with salt and pepper to taste.
5. Simmer the soup for an additional 5 minutes to allow flavors to meld together.
6. Serve the sweet potato and turmeric soup hot, garnished with fresh cilantro or parsley if desired.

Enjoy this nourishing soup packed with the sweetness of sweet potatoes and the anti-inflammatory benefits of turmeric!

Beet Cabbage Detox Soup

4 servings



Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 medium beets, peeled, diced
- 1 small cabbage, thinly sliced
- 4 cups vegetable broth
- 1 teaspoon ground cumin
- Salt and pepper, to taste
- Fresh parsley for garnish

Preparation

1. Add minced garlic to the pot and sauté for another minute until fragrant.
2. Add chopped tomatoes to the pot along with vegetable broth. Bring the mixture to a boil, then reduce heat to low and simmer, covered, for about 20-25 minutes or until tomatoes are softened.
3. Use an immersion blender or transfer the soup to a blender in batches, and blend until smooth.
4. Return the blended soup to the pot. If desired, stir in the heavy cream or coconut milk for creaminess.
5. Season the soup with salt and pepper to taste, and stir in chopped basil leaves.
6. Simmer the soup for an additional 5 minutes to allow flavors to meld together.
7. Serve the tomato and basil soup hot, garnished with additional fresh basil leaves if desired.

Enjoy this flavorful soup packed with lycopene from tomatoes and aromatic basil!

Coconut Lentil Curry Soup

4 servings



Ingredients

- 1 tablespoon coconut oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon grated ginger
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 cup red lentils, rinsed
- 4 cups vegetable broth
- 1 can (14 ounces) coconut milk
- Fresh cilantro for garnish

Preparation

1. In a large pot, heat coconut oil over medium heat. Add chopped onion and cook until softened, about 5 minutes.
2. Add minced garlic and grated ginger to the pot, and sauté for another minute until fragrant.
3. Stir in curry powder, ground turmeric, ground cumin, and ground coriander, and cook for another minute to toast the spices.
4. Add rinsed red lentils and vegetable broth to the pot, and bring the mixture to a boil.
5. Reduce heat to low and simmer, covered, for about 20-25 minutes or until lentils are tender.
6. Stir in coconut milk and simmer for an additional 5 minutes to allow flavors to meld together.
7. Season the soup with salt and pepper to taste.
8. Serve the coconut lentil curry soup hot, garnished with fresh cilantro if desired.

Enjoy this flavorful and nourishing soup with cooked rice or naan bread on the side for a complete meal!

For more information about
Beating Cancer with Nutrition
And
Patrick Quillin, PhD, RD, CNS

GH

GettingHealthier.com

PQ

PatrickQuillin.com



DrPatrickQuillinPhD



PatrickQuillinPhD

X

@QuillinPatrick



PatrickQuillin



Patrick Quillin



DrPatrickQuillinPhDRDCN

Questions:
drpatrickquillinphd@gmail.com

Best Selling Products GettingHealthier.com

