

Beets for Liver & Gallbladder Health

"There are many sources of naturally occurring betaine in the plant world, but the greatest source is the young growing beet leaves... Betaine...is one of the B-complex factors of the methyl-donor groups...and may be one of the main reasons why beet leaf juice has been useful in the relief of gallbladder congestion." Betaine "tends to flush the bile route; it gets the bile moving. The bile has several functions in the body and one is to break down the fat in food...Bile also helps eliminate toxins from the body...The liver removes toxins from the blood and dumps them out of the body through the bile...which takes them to the intestines for elimination." - Dr. Royal Lee & John Courtney.

Preparing Fresh Beets

- Give the beets a good scrub (like you would a potato) to get off any surficial dirt. Use a sharp knife to cut off the tops and bottoms (stem and root ends) of your beets.
- Use a paring knife or a vegetable peeler to remove the thin skin from the outside of the beet.
- Cutting beets will stain your hands briefly and any clothing. So wear an apron, if needed.
- When picking out beets at the store, choose ones that are firm to the touch and have nice perky greens on top.
- The greens can be added to a smoothie or chopped and added to salads.

Raw Beet, Carrot & Celery Salad

1 bunch celery
Several carrots
1 red beet
Juice of 2 limes
Fresh minced garlic to taste
Equal amounts olive oil & red wine vinegar
Generous shake of Celtic or Pink Himalayan sea salt
Black pepper

Finely chop the celery, beets and carrots. Combine with other ingredients. Serve on its own or over kale. Enjoy!

Basic Roasted Beets

4–5 beets
3 tablespoons olive oil
Sea salt

Preheat the oven to 425 degrees. Line a baking sheet with parchment paper. Wash the beets and use a vegetable peeler on the outside. Remove the stem and root end with a sharp knife. Slice the beets into 1/4" thick rounds and place them in a small bowl. Drizzle the olive oil over the sliced beets and then toss to combine. Place the sliced beets in a single layer on your prepared baking sheet and sprinkle with sea salt. Roast in the hot oven until the beets are fork tender, about 10-15 minutes. Enjoy hot with additional salt to taste. You can also add these to any roasted vegetable recipe.

Roasted Beet Hummus

1 (15 ounce) can no-salt-added chickpeas, rinsed
8 oz roasted beets, (see recipe above), coarsely chopped
¼ cup tahini
¼ cup extra-virgin olive oil
¼ cup lemon juice
1 clove garlic
1 tsp ground cumin
½ tsp salt



Combine chickpeas, beets, tahini, oil, lemon juice, garlic, cumin, and salt in a food processor. Puree until very smooth, 2 to 3 minutes. Serve with raw vegetables, veggie chips, pita chips or crudités.

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Warm beet salad

2 fresh red beets, peeled, chopped and baked or steamed until soft (about 15-20 min.)
10 ounces mixed salad greens (spinach, Swiss chard, kale, arugula, romaine, etc.)
1 avocado, peeled, pitted, sliced
1 carrot, shredded
1 small cucumber, chopped
1 tbsp Dijon mustard
2 tbsp balsamic vinegar
1/4 cup olive oil
Sea salt and pepper to taste

In a medium bowl, mix the greens, carrot and cucumber together. In a small bowl, combine mustard, vinegar, sea salt and pepper, and whisk together. Slowly pour in the olive oil while whisking until dressing is smooth (or whip in a Magic Bullet). Arrange beets over greens and drizzle with vinaigrette. Toss to coat. Top with the sliced avocado.

Beet, Red Lentil and Cranberry Soup

1 Spanish onion, diced	1-1/2 cups red lentils (best for soup)	2 tbsp olive oil
3 cloves garlic, crushed	1/2 cup fresh cranberries, rinsed	1/3 small butternut squash, peeled
2 beets, roasted, peeled & chopped	1 inch fresh ginger root, grated	3 celery stalk ribs, chopped
1 sweet potato, peeled & chopped	1 tsp thyme	2-3 parsnips
3 carrots, peeled & chopped	1 tbsp honey	1 Ancho chili, soaked in warm water
2 quarts homemade bone broth	1 cup Craisins or raisins	1 tsp smoked paprika
3 bay leaves	1 can unsweetened coconut milk	Juice of 1/2 lemon (optional)

Rinse lentils until water is clear. Soak them in water, covering them about 1 inch while the onions are sautéing. Sauté onions in the olive oil. Allow to caramelize, about 15 minutes. Add garlic and cook another 2-3 minutes. Peel and cut into 1/2 inch chunks the butternut squash, beets, celery, sweet potato, parsnips and carrots. Cut the stem off the Ancho chili, split in two and take out all the seeds. Drain the lentils.

Add to a large stock pot all the ingredients except the coconut milk. Bring the soup to a boil. Then cover with a lid and lower the temperature to a low simmer. Cook for 25 minutes.

Blend the soup in batches either with an immersion blender (so convenient!) or in a regular blender in batches. You can blend until totally creamy or leave slight chunks in for bite. Add coconut milk to the last batch of soup, and then blend together.