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**WINE STROLL OCTOBER 2013**

*Sip In The Pink* (Breast Cancer Awareness Month)

**JACKIE’S SUPER-CHILI**

Quickly assembled from pantry ingredients, this chili is filled with “super foods” with proven cancer-fighting properties.

Can you guess the mystery ingredient in “Jackie’s Super-Chili?” See our website homepage on Oct 20 for the answer!

2 C beer, or water

2 C vegetable broth, or beef broth

4 oz diced green chilies

28 oz pinto beans, drained and rinsed

28 oz black beans, drained and rinsed

28 oz crushed tomatoes

28 oz pumpkin puree

1 large onion, minced

2 cloves garlic, minced

1 red bell pepper, chopped

1½ C uncooked bulgur wheat

6 T chili powder

2 t dried oregano

2 t cumin

1 t crushed red pepper flakes, optional

2 t salt, or to taste

Combine all ingredients in large soup pot. Bring to a boil, lower heat to a simmer, and cook for 35 minutes, stirring occasionally. Taste and adjust seasoning. Serve with sour cream, sliced green onions, and shredded cheddar cheese. Even better when refrigerated and reheated another day!

A Short List of Cancer-fighting Foods

Healthy and Green Living mag online

* **Avocados** are rich in glutathione, a powerful antioxidant that attacks free radicals in the body
* **Beans** (also known as legumes) include dry beans such as black beans, pinto beans, kidney beans, black-eyed peas, garbanzo beans and lentils along with many other varieties. Soybeans also fall into this category. Saponins, protease inhibitors, and phytic acid 1are found naturally in plants and appear to protect our cells from damage that can lead to cancer.
* **Broccoli/**[**cabbage**](http://www.care2.com/greenliving/cucumber-cashew-coleslaw.html)**/cauliflower:** has a chemical component called indole-3-carbinol that combats breast cancer by converting a cancer-promoting estrogen into a more protective variety…
* [**Carrots**](http://www.care2.com/greenliving/10-benefits-of-carrots.html?lc=int_mb_1001)**:**  contain beta carotene, which may help reduce a wide range of cancers including lung, mouth, throat, stomach, intestine, bladder, prostate and breast.
* [**Chili peppers** and jalapenos](http://www.care2.com/greenliving/superfoods-with-the-smallest-footprint.html/chili-peppers-superfood) contain a chemical, capsaicin, which may neutralize certain cancer-causing substances
* **Figs** have a derivative of benzaldehyde which is highly effective at shrinking tumors
* **Garlic** has immune-enhancing allium compounds that increase the activity of immune cells that fight cancer and indirectly help break down cancer causing substances
* **Grapes**, red grapes contain bioflavonoids, powerful antioxidants that work as cancer preventives
* **Grapefruits**, like oranges and other citrus fruits, contain monoterpenes, believed to help prevent cancer by sweeping carcinogens out of the body
* [**Kale**](http://www.care2.com/greenliving/a-tale-of-kale-with-brigitte-mars.html) has indoles, nitrogen compounds which may help stop the conversion of certain lesions to cancerous cells in estrogen-sensitive tissues.
* **Pumpkins and pumpkin seeds** have components such as squalene, [beta-carotene](http://foodforbreastcancer.com/tags/betacarotene), [alpha-carotene](http://foodforbreastcancer.com/tags/alphacarotene), and various tocopherols with suspected or demonstrated cancer fighting properties. Pumpkin polysaccharide has been shown to possess significant cytoprotective effect and antioxidative activity
* **Sweet potatoes** contain many anticancer properties, including [beta-carotene](http://www.care2.com/greenliving/dig-this-root-vegetables.html)
* **Tomatoes** contain lycopene, an antioxidant, concentrated by cooking tomatoes. An increased intake of lycopene has already been linked to a reduced risk of breast, prostate, pancreas and colorectal cancer. (Note: Recent studies indicate that for proper absorption, the body also needs some oil along with lycopene.)