



Immune Support Soup Recipe

This tasty soup is nourishing, hearty and slow-cooked, allowing for easy absorption of the immune-supportive nutrients it contains. A version of this soup is always what I make when I begin to feel sick. It's a great staple in the winter to help prevent cold and flus.

Any other vegetables may be added such as bell peppers or kale. The base of the soup, the stock, is best homemade as it increases the nutrient density and is a great way to get the most out of chicken or other bones. If you prefer vegetarian or vegan, you can collect any unused scraps of onions and other veggies and store them in the freezer until you are ready to boil them with water to make a vegetable stock.

Ingredients:

- 2 quarts chicken, vegetable or other meat stock
- 2-6 sliced uncooked chicken breast or thighs if desired (or use a whole chicken and create the stock as the soup cooks)
- 5-10 cloves garlic (more or less to taste), peeled and chopped
- 1 -2 large onions, peeled and chopped
- 2 or more cups mushrooms (shiitake are best but others can be used), sliced
- 1-2 large sweet potatoes
- 2-4 carrots
- Ginger, 2 thumb-sized pieces or larger – shredded with grater or sliced
- 2 cups green cabbage, slice or shred
- Tamari or soy sauce and miso to taste
- 1/2-3 teaspoons of crushed red pepper flakes (depending on how spicy you like it)
- Other fresh or dried spices such as oregano, thyme, to taste (optional)
- 1 can of coconut milk

Directions:

Simmer the onions, garlic, ginger, cabbage and mushrooms in stock for 1 hour. Check periodically to make sure the water doesn't boil away; add more water as necessary. During the last 20 minutes or so, add the chicken, sweet potatoes and carrots. Also add dried spices if using them, including the red pepper flakes (if fresh spices, add at the end). Then add the coconut milk and simmer for another 10 minutes, without boiling. Remove from heat. Add tamari (or salt), miso and other fresh seasonings to the broth. A squeeze of fresh lemon or lime also tastes good right before serving.

Enjoy with a cup of herbal tea and plenty of rest.