



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Immunity Soup

Modern research shows that astragalus root, a Chinese herb long used to ward off colds and flu, has powerful immune-enhancing properties. The sliced, dried root is available online and in herb stores; it is nontoxic and adds a pleasant, sweet taste when simmered in soups. Shiitake mushrooms also boost immunity and have an antiviral effect. Garlic is an antibiotic and ginger a natural anti-inflammatory agent.

1 ½ tsp extra-virgin olive oil	2 ½ pieces astragalus root
2 large onions, thinly sliced	10 cups Mushroom Stock (see recipe)
3 garlic cloves, mashed	2 Tbsp tamari or low-sodium soy sauce
1 Tbsp minced fresh ginger	Salt (optional)
4 ounces shiitake mushrooms, stemmed and thinly sliced (about 2 cups)	2 cups broccoli florets
2 large carrots, thinly on bias	½ cup chopped scallions

1. In a large pot, heat the olive oil over medium heat. Add the onions, garlic, and ginger and sauté until soft and translucent. Add the shiitakes, carrots, astragalus root, and Mushroom Stock. Bring to a low boil. Reduce the heat and simmer for 45 minutes.
2. Add the tamari and adjust the seasoning with salt if needed. Add the broccoli florets and cook until tender, about 5 minutes.
3. Remove the astragalus root pieces. Ladle the soup into bowls and garnish with the scallions before serving.

Recipe credit/adapted from *True Food* by Andrew Weil, MD and Sam Fox with Michael Stebner

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