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IMMUNE - BOOSTING SOUP

For ages: 2 years and up (or for Mom if breastfeeding)
Yields: 6-8 servings



During the winter cold & flu season, you can use this basic recipe as a delicious meal and an immune boosting super food. Experiment with what's in your pantry. Add vegetables &/or beans your children like. For more protein and electrolytes, use organic and/or homemade chicken broth instead of water.

- 1 large onion, chopped (antibacterial, antiviral)
- 1 leek, white part only, chopped (antibacterial, antiviral)
- 3 cloves garlic, minced (antibacterial, antiviral)
- 1-2 tsp grated ginger (warming, circulation stimulant, decongestant, anti-microbial)
- 2 tablespoons olive oil
- 8 cups water or broth
- 4 or 5 astragalus* root sticks (immune stimulant, antiviral)
- 1 cup celery, chopped (fiber and vitamin source)
- 2 cups carrots or other root vegetables, chopped (rehydrating, potassium source)
- 2 large potatoes, chopped (potassium source)
- 4 dried or 2 fresh shiitake mushrooms (immune stimulant)
- Thyme, oregano, or other desired culinary herbs to taste (antibacterial)
- 1-pound firm tofu, cut into small cubes OR 1 can of black beans, drained and rinsed (protein source)
- 1-2 tablespoons white miso paste (alkaline, rehydrating)
- 1-cup quinoa or rice pasta (optional - fiber source)

Sauté onion, leek, and garlic in oil in a large stockpot until softened. Add water and bring to a boil. Add vegetables and astragalus root. Simmer, covered, 30 minutes. Add tofu or beans and simmer an additional 20 minutes; add herbs and optional pasta and simmer 10 more minutes. Remove from heat. Remove astragalus root sticks and stir in miso paste to taste. Depending on your child's tolerance, you may want to add hot pepper sauce, fresh ground pepper, or chopped green onions.

*Check your local health food store for Astragalus root sticks or consult your Naturopathic Doctor