

Vegetarian Times



This Plant-Based ‘Immune Boost’ Soup Could Help Support Your Body’s Immune System

Filled with astragalus root, ginger, and other ingredients long associated with well-being, this soup may help you stay healthy

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This dish earns its title of ‘immune boost’ soup thanks to the inclusion of astragalus root, a plant long used in Mongolian traditional medicine practices, along with ginger, turmeric, and other ingredients associated with health and well-being. Obviously, even it can’t fully protect you from illness – you should absolutely follow medical advice on staying safe and not rely entirely on soup – but giving yourself a little natural boost to the immune system certainly can’t do any harm. Especially if it happens to taste good, too.

Preparation

1. Heat water and miso paste in large pot, and allow paste to dissolve.
2. Add mushrooms, onion, celery, carrots, peppers, ginger, turmeric, black pepper, and astragalus slices, and simmer 1 hour (or longer if needed).
3. Add raw garlic and coconut oil for the final 10 minutes of simmering.
4. Remove astragalus slices from soup before serving.

SERVINGS **8**

Ingredients

5 cups water	<input type="radio"/>
1 Tbs. miso paste	<input type="checkbox"/>
1 cup shiitake mushrooms (sliced)	<input type="checkbox"/>
2 small yellow onions (minced)	<input type="checkbox"/>
1 cup celery (sliced)	<input type="checkbox"/>
1 cup carrots (sliced)	<input type="checkbox"/>
1 cup bell peppers (sliced)	<input type="checkbox"/>
1 Tbs. ginger (grated)	<input type="checkbox"/>
1 tsp. turmeric	<input type="checkbox"/>
¼ tsp. black pepper	<input type="checkbox"/>
3–4 dried slices of astragalus root	<input type="checkbox"/>
5 cloves garlic	<input type="radio"/>
1 Tbs. coconut oil	<input type="radio"/>

Nutrition Information

Calories	50
Carbohydrate Content	7 g
Cholesterol Content	0 mg
Fat Content	2 g
Fiber Content	2 g
Protein Content	1 g
Saturated Fat Content	1.5 g
Sodium Content	90 mg
Sugar Content	3 g