

Marie Frohlich's Immunestrone Soup

An Immune-building Root and Herb Vegetable Soup with Warming Spices

SOUPS ON! *The first defense against colds and flu this season is remembering to bring in grounding root vegetables and warming herbs and spices to build warmth and immunity. The minerals in the greens, vitamins and digestive enzymes in the vegetables and protein in the beans/legumes along with the energizing and boosting herbs and spices with blood building properties, all work together toward your best defense. Winter Soups fortify the soul and boost energy.*

Serves 8

Liquid:

8 cups Broth (Chicken, Bone or Vegetable)

2 tsp butter

Vegetables:

1 large onion diced

1 carrot diced

1 Burdock root diced

2 celery sticks diced

1/2 cups mushrooms (shiitake if available)

1/2 Daikon Radish diced

One small bunch of finely chopped kale

1/2 sweet potato

1 Bay leaf/Kombu - remove before serving

Diced tomato is optional for sweeter taste

8 oz of pre-cooked lentils (can use barley or rice)

Spices:

One 1/2 to 1 inch ginger root grated

1 clove garlic

1 tsp of cumin seeds

A pinch of cayenne

Tumeric

Reduced Sodium Tamari to taste

Miso – 3 tablespoons

Directions:

- 1) Sauté cumin seeds in butter or oil with onions in heavy bottomed pot with a lid.
- 2) Stir in the ginger for a minute
- 3) Add carrots, celery, mushrooms, kale greens, sweet potato and cayenne, tumeric, bay leaf and kombu -stir
- 4) Add minced garlic to the pot and cover with 8 cups of broth or water. Bring to a boil and let simmer with lid on until carrots are soft
- 5) Meanwhile, add a cup of pre-cooked lentils to the pot.
- 6) Add Tamari sauce to adjust flavor (Miso is also recommended for immune boosting enzymes and probiotic for adding a salty flavor)
- 7) Add the sliced Daikon radish last to preserve the enzymes
- 8) Remove bay leaf/kombu and serve.

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