

SUPER IMMUNE BOOSTING SOUP

Below is the recipe of a wonderful herbal soup. At any time of the year we can all use a little help with our immune systems. The Miso added at the last moment saves it from being bland.

INGREDIENTS

1 big Yellow Onion, chopped.

6, or more, cloves garlic, chopped

2 cups chopped fresh shitake mushrooms. Or 1 cup dried (*Soak them overnight*)

1/2 cup Eden Brand Hiziki sea vegetable (Other versions OK. But adjust quantity to taste)

1" piece ginger, grated or chopped

1 cup brown rice

4" piece of burdock root (*As you will want to remove this woody root after Cooking make many small slices along its length, keeping it in one piece*)

4 cups (*or more*) chopped veggies, like kale, carrots, celery, lotus root.

10 cups of water plus

1 quart of vegetable or chicken broth.

Note: *Every element of the soup is a powerful enhancer of the immune System — especially burdock, shitake mushroom, ginger and lotus root. (A good health food store will have all these items, fresh or dried.*

DIRECTIONS:

Place everything together in a big pot — bring to a boil — immediately reduce to very low Simmer—45 minutes.

SERVING DIRECTIONS.

After the soup has finished cooking and has cooled a little, add miso to taste. (*We use four envelopes of the powered miso*) **Never cook miso.**

Add one pound of precooked small chunks of chicken breast, at this time, if desired.

LEFTOVERS.

Reheat, **in a double boiler** only the amount to be eaten. **Never** heat in a microwave oven

Microwave ovens degrade the DNA, weaken immune systems, destroy enzymes, probiotics, and vitamins, and zap out the life force energy in any food heated in them.
