



Immune Supporting Soup Broth with Reishi and Astragalus

Ingredients

- 1.75 ounces organic astragalus root*
- 1.75 ounces organic garlic granules*
- 1 ounce organic ginger root*
- .75 ounces organic nettle leaf*
- .50 ounce organic lemongrass*
- .50 ounce organic reishi slices*
- 1 ounce organic turmeric root*
- .25 ounce organic sage leaf*
- .25 ounce organic black pepper*
- .25 ounce organic thyme*
- Salt* (to taste)

Directions

- Place 3-4 tablespoons of mixture into a muslin bag or big tea ball.
- Drop it into 32 ounces of water.
- Bring to a boil for 5 minutes.

Immune Supporting Soup Recipe

Ingredients

- 4 chicken breasts or 16 oz of tofu
- 4 cups of Immune Support Broth (see above recipe)
- 1 red bell pepper, diced
- 3 pieces of fresh ginger (1 inch each), chopped
- 5 cloves of fresh garlic, minced
- 2 tablespoons of coconut aminos
- 2 handfuls of fresh cilantro
- Juice of 1 fresh lemon
- 3 zucchinis, spiraled into noodles
- 6-8 carrots, sliced
- 1/2 teaspoon of sriracha

Directions

1. Cooking chicken or tofu. A store-bought roasted chicken works great for convenience.
2. In a medium pan, heat a bit of olive oil.

**These ingredients can be found at mountainroseherbs.com*

Written by Amanda of theherbshoppepdx.com on December 26th, 2024

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Immune Supporting Soup Recipe (cont.)

Directions (cont.)

1. Sauté the diced bell pepper, minced garlic, chopped ginger, and sliced carrots for about 5 minutes until they start to soften.
2. In a large pot, combine 4 cups of Immune Support Broth, 1/2 teaspoon of sriracha, 2 tablespoons of coconut aminos, and the juice of 1 fresh lemon.
3. Stir well and add the sautéed vegetables.
4. Incorporate the cooked chicken or tofu into the pot, cover, and let it simmer for about 15 minutes to blend the flavors.
5. Just before serving, add the zucchini noodles to keep them crisp and fresh.
6. Garnish with fresh cilantro for an extra burst of flavor.
7. Enjoy the process and the health benefits this soup brings!

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