

Mushroom Immunity Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1-inch piece fresh ginger, grated
- 2 cups shiitake mushrooms, sliced
- 2 cups cremini mushrooms, sliced
- 4 cups vegetable broth
- 1 tbsp tamari or low-sodium soy sauce
- 1 tsp turmeric
- 1/2 tsp black pepper
- 1 cup chopped kale or spinach
- Juice of 1/2 lemon
- Optional: sliced scallions or sesame seeds for garnish

Instructions:

Heat olive oil in a pot over medium heat.

Add onion, garlic, and ginger. Sauté for 3-4 minutes until softened.

Add mushrooms and cook for another 5 minutes.

Stir in turmeric, black pepper, and tamari. Cook 1 more minute.

Pour in vegetable broth. Bring to a boil, then reduce heat and simmer for 15 minutes.

Add kale or spinach and simmer until wilted.

Remove from heat. Stir in lemon juice.

Serve hot. Garnish with scallions or sesame seeds if desired.

Health Benefits:

- Shiitake and cremini mushrooms support immune health with beta-glucans.
- Ginger and garlic offer anti-inflammatory and antimicrobial benefits.
- Turmeric reduces inflammation and supports detoxification.
- Leafy greens add vitamins A, C, and K for immune and skin support.