

Mushroom Immune Soup

Serving 2

Prep Time 20 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon grated fresh ginger
- 1/2 teaspoon ground turmeric
- 2 cups mixed mushrooms (shiitake, cremini, oyster) sliced
- 1 cup kale or spinach, chopped

- 3 cups vegetable broth
- 1 tablespoon tamari or coconut aminos
- Salt and pepper to taste

Instructions:

1. In a large pot, heat olive oil.
2. Sauté onion, garlic, and ginger until fragrant.
3. Add mushrooms and cook until soft (5–7 mins).
4. Stir in turmeric, salt, and pepper.
5. Pour in vegetable broth and tamari. Simmer 15 minutes.
6. Add kale/spinach and cook 2–3 more minutes.

7. Serve warm.

Health Benefits:

- Mushrooms: immune-modulating (especially shiitake)
- Ginger & garlic: natural antimicrobial and anti-inflammatory
- Turmeric: boosts the immune response and reduces oxidative stress
- Greens: mineral-rich and support cellular detox