

Ultimate Immune Boosting Soup

Serves: 3

INGREDIENTS:

- 1 tbsp coconut oil
- 1 large yellow onion, chopped
- 6 garlic cloves, minced
- 2 celery stalks, sliced
- 1 lb shitake mushrooms
- 1 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 tsp turmeric
- 8-10 cups filtered water
- 4 heads baby bok choy, bottoms chopped off
- 1/2 head kale, chopped
- optional: 1 tablespoon freshly grated ginger



Serving size: 1.5 cups

INSTRUCTIONS:

1. At a big pot to the stove top and add in the coconut oil, let it melt. Then add in the chopped onion and garlic.
2. After a few minutes toss in the celery, mushrooms and season well with salt/pepper and turmeric. Cook for 2 more minutes until fragrant.
3. Pour in the filtered water and bring to a simmer.
4. Lastly add in the kale and bok choy and let it simmer over low for 1 + hour.

Note: Best served warm.

Pair with a protein of choice for extra immune protection.