



Simple immune boosting soup

Recipe by: Tiina Lemmik

Prep time: 10 mins

Cook time: 20 mins

Serves: 4

Ingredients

Splash of extra virgin olive oil
Small brown onion, chopped finely
2-3 cloves of garlic, chopped finely
Thumb size of ginger, sliced thinly and then chopped into thin sticks
Small red capsicum, sliced
*6 medium size shiitake mushrooms (dried or fresh), sliced
A few small broccoli florets
A few chestnut mushrooms, sliced
1 litre bone broth (beef or chicken)
Salt and pepper to taste
Green onions or chives for serving

Method

Cook chopped onions in an olive oil on medium heat for 5 minutes, add garlic and ginger, cook for another minute. Add sliced capsicum, both mushrooms and broccoli, cook for 2-3 minutes and then add the broth. Bring to a gentle boil and simmer for 10-12 minutes, covered. Turn off the heat and leave the flavours to infuse for few more minutes. Adjust the seasoning with salt and pepper, sprinkle with sliced green onions / chives or both and serve.

**If you are using dried shiitake mushrooms, soak them first in warm water for 10 minutes. Do not throw out the soaking water, add it to the soup, Make sure there is no grit from the mushrooms in the soaking liquid – best to put this through a sieve.*