



Immune Support Soup

The warming qualities of ginger can help heat you from the inside-out, making it an ideal ingredient for immune-support foods.

[Debra Brammer, ND](#), clinical dean of naturopathic medicine at [Bastyr Center for Natural Health](#), presented this recipe during a talk called "Herbs to Support Immunity," part of the 2011 Living Naturally fall lecture series at the clinic.

INGREDIENTS

1 quart miso, chicken, vegetable or mushroom broth
1 small yellow onion, chopped
3 tbsp grated fresh ginger root (or use as little as 1 teaspoon, to taste)
5 clove garlic, chopped or crushed (or use as little as 1 clove, to taste)
1/2 cup shiitake mushrooms, sliced
1/2 organic lemon, juiced
1 carrot, grated
3 tbsp fresh, minced parsley
1 lemongrass (if desired)

INSTRUCTIONS

Combine the broth, onion, ginger, garlic, mushrooms and simmer for 15 to 20 minutes.

Remove from the heat and add lemon juice, carrot, parsley and lemongrass if using.

Put cover on pan and steam for 5 minutes.

Remove lemongrass before serving; eat up to 4 times a day.