



Immunity Soup

Serves 8 (serving size ~1 ½ cups)

Nutrition for 1/8 recipe:

185 calories, 5g fat, 8g Protein, 27g carb, 6g fiber, 260mg sodium

Ingredients:

- 2 Tablespoons olive oil
- 1 yellow onion, diced
- 4 celery stalks, thinly sliced
- 3 large carrots, thinly sliced
- 1 pound (16 oz.) mushrooms, sliced
- 10 garlic cloves (1/4 cup), minced
- 8 cups low-sodium vegetable broth
- 4 thyme sprigs, whole
- 2 bay leaves
- 1 – 15 oz. can low sodium chickpeas, drained
- 1 – 15 oz. can low sodium cannellini beans, drained
- ½ teaspoon crushed red pepper
- 12 oz. curly kale, stems removed, leaves torn
- salt and pepper (optional)



Directions:

1. Heat oil in a large Dutch oven over medium heat.
2. Add onion, celery, and carrots; cook, stirring occasionally, about 5 minutes.
3. Add mushrooms and garlic; cook, stirring often, 3 minutes.
4. Stir in broth, thyme, bay leaves, & beans; bring to a simmer.
5. Add red pepper; cover and simmer for about 25 minutes.
6. Discard thyme sprigs and bay leaves.
7. Stir kale into soup; cover and simmer 5 more minutes.

Recipe adapted from *Cooking Light* magazine, 2017



Immunity Boosters

Garlic: The antioxidant allicin is found in garlic. Garlic is a sulfur containing compound which acts as an antimicrobial and may help fight infection. Garlic also helps decrease inflammation. Crush garlic to activate the compounds. Onions are also rich in allicin.

Mushrooms: Look for vitamin D-rich mushrooms, which are grown in ultraviolet light to spur vitamin D production. Try sitting whole mushrooms on your windowsill a few hours before cutting them up for a similar effect! Vitamin D helps keep the immune system balanced.

Chickpeas/Cannellini beans: Beans are a good source of zinc which is known to play a central role in the immune system, and is crucial for normal development and function of cells that improve immunity and protect us from infections. Beans are also high in fiber which helps keep your GI system healthy.

Hot broth: Steaming broth makes your nose run, which helps flush out congestion. Broth-based soups also help keep you hydrated.

Crushed red pepper: Contain the phytochemical capsaicin, which adds heat and can help clear sinuses.

Dark leafy greens: Kale and other dark leafy greens are rich in the antioxidant vitamin C which protects the body from free radicals. Vitamin C paired with zinc may help with cold symptoms.