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Immune Boosting Soup

Its winter, germs are all around and your colleague is sneezing all over the place. What on earth can you do to avoid getting sick? It's easy – make a pot of my immune boosting soup and I guarantee that you will be feeling like the guys in Ghost Busters! Of course this soup is best when totally organic as the nutrient value will be much higher. Ok so first let me explain why these ingredients are so wonderful for you:

Chicken - perfect protein to support your production of disease fighting immune molecules

Onion - helps to break down mucous

Garlic - a natural antibiotic

Ginger - stimulates circulation enabling more efficient clearing of toxins

Chilli - high in vitamin C

Enoki mushrooms - have properties that are anti cancer so can help fight any nasty bugs

Risoni - a great carbohydrate source for energy

Lemon - uplifts mood

Parsley - high in iron which stimulates immunity

Goji berries - traditionally used in China in convalescence, specifically in broths

Ingredients

Use your intuition on quantities. Just put on some music, dance and put some love into it!

Chicken thighs 600gr

Chicken stock 1 litre (I always have some pre made in the freezer)

1 brown onion – sliced finely

6 cloves garlic – sliced finely

1 inch fresh ginger – sliced finely

1 -2 chilli – sliced finely, ensure you add the seeds for their heat

200grams enoki mushrooms

80 grams risoni pasta

zest and juice of 2 lemons

Parsley

1 tablespoon Goji berries

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Method

Sauté onions, garlic, chilli, ginger until soft. Add chicken thighs and brown them. Pour in your stock and simmer. Once chicken is cooked take it out and shred with a fork. Add chicken back in with risoni, Goji berries and Enoki mushrooms. To serve, place lemon zest on the bottom of your bowl. Add soup and top off with lemon juice and parsley.

My Tips

Enjoy for an easy lunch or after a long day at work. I will often enjoy this soup for a few days in a row to really boost my immunity, especially if I have been exposed to lots of sniffly people. Don't forget to wash your hands frequently in winter too as this is how the nasty germs get transferred in the first place!