

Living and Lovin Herbs Podcast

Dr. Weils - Immunity Broth

1 1/2 teaspoons extra virgin olive oil
2 large onions, thinly sliced
3 garlic cloves, mashed
1 tablespoon minced fresh ginger
4 ounces shiitake mushrooms, stemmed and thinly sliced
2 large carrots, thinly sliced on the bias
2 1/2 pieces astragalus root (about 15 inches total)
10 cups Mushroom Stock (see link in show notes for recipe)
2 tablespoons tamari or low sodium soy sauce
Salt
2 cups broccoli florets
1/2 cup chopped scallions

Instructions

In a large pot, heat the olive oil over medium heat.

Add the onions, garlic, and ginger and sauté until soft and translucent. Add the shiitakes, carrots, astragalus root, and mushroom stock.

Bring to a low boil, reduce the heat and simmer for 45 minutes.

Add the tamari and adjust the seasoning with salt if needed.

Add the broccoli florets and cook until tender, about 2 minutes.

Remove the astragalus root pieces.

Ladle the soup into bowls and garnish with scallions before serving.