



Ultimate Immune Boosting Soup with Mushroom Matrix Broth

SERVINGS: 6

PREPPING TIME: 25 MIN

COOKING TIME: 80 MIN

Boost your immune system with this ultimate soup recipe, featuring our superhero Mushroom Matrix Broth. This vegetarian soup is a powerhouse of vitamins, minerals, and antioxidants, with ingredients like turmeric, kale, and bok choy. Let's get started!

Broth Ingredients

- 6 cups of water
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 carrot, sliced
- 2 celery stalks, sliced
- 2 tablespoons olive oil
- 1 teaspoon salt (or to taste)
- 1/2 teaspoon black pepper (or to taste)
- 3 tablespoons soy sauce or tamari (optional)
- 2 bay leaves
- 1 teaspoon dried thyme or 2 sprigs fresh thyme
- 4 scoops Mushroom Matrix Powder

Soup Ingredients

- 2 tablespoons olive oil
- 1 large yellow onion, chopped
- 6 garlic cloves, minced
- 2 celery stalks, sliced
- 1 carrot, cut into matchsticks
- 200 grams shiitake mushrooms, sliced
- 1/4 teaspoon black pepper
- 1 teaspoon turmeric
- 4 cups water
- 3 heads baby bok choy, bottoms chopped off
- 1/2 head kale, chopped
- 1 tablespoon freshly grated ginger



Preparing Mushroom Matrix Broth:

- 1.Preparation: Gather all your ingredients and kitchen tools for the broth.
- 2.Sauté Vegetables: In a large pot, heat the olive oil over medium heat. Add the chopped onion, minced garlic, sliced carrot, and sliced celery. Sauté for about 5 minutes or until the vegetables are softened.
- 3.Add Seasonings: Add salt, black pepper, bay leaves, and thyme to the pot. Stir well to combine.
- 4.Incorporate Mushroom Matrix Powder: Add Mushroom Matrix Powder to the pot. Stir well to ensure it's fully integrated into the mixture.
- 5.Add Liquid: Pour 6 cups of water into the pot. Add the soy sauce or tamari for extra umami flavour.
- 6.Simmer: Bring the mixture to a boil, then reduce the heat to low and let it simmer for 30-40 minutes. This will allow the flavours to meld and the beneficial compounds in the Mushroom Matrix Powder to infuse into the broth.
- 7.Strain and Set Aside: After simmering, strain the broth to remove the solid ingredients. Your Mushroom Matrix Broth is now ready for the soup.

Preparing Immune-Boosting Soup:

- 1.Sauté Onions and Garlic: In the same large pot, heat up olive oil over medium heat. Add the chopped onions and sauté until translucent. Add in the minced garlic and cook for an additional minute.
- 2.Add celery, carrot and mushrooms: Add the sliced celery and shitake mushrooms to the pot. Sauté for about 10 minutes or until the mushrooms have wilted.
- 3.Spice It Up: Add sea salt, black pepper, and turmeric to the pot. Stir well to combine the spices with the vegetables.
- 4.Pour in Broth and Water: Add the prepared Mushroom Matrix Broth and an additional 4 cups of water to the pot. Bring the mixture to a boil.
- 5.Simmer: Reduce the heat to low, cover the pot, and let it simmer for at least an hour. The longer it simmers, the richer the flavours will become.
- 6.Add Greens: In the last 10 minutes of cooking, add the chopped baby bok choy and kale. Stir until they wilt into the soup.
- 7.Add the grated ginger, taste, and adjust the seasoning to your preference.

Key Takeaways

- 1.Discover the secret ingredient that makes this soup so effective—our [Mushroom Matrix powder with a blend of 7 medicinal mushrooms, all certified organic and sustainably grown.](#) Click here to learn more. Patient login required
- 2.The soup is rich in immune-boosting ingredients like turmeric, garlic, and a variety of vegetables.
- 3.Serve or Store: Serve the soup warm. If storing, let it cool before transferring to an airtight container. It can be refrigerated for up to a week or frozen for up to 3 months.