



## Cold and Flu-Busting Soup Recipe

Tis the season to pick up a bug or two, so we thought we'd lay this flu and cold fighter on you! We love the healing properties of both the Bieler broth AND bone broth, so we combined the two and made it into a soup the whole family will love! The result was DELICIOUS.

We picked the perfect ingredients to build up your immunity. Bone broth inhibits infection and reduces inflammation, which makes it perfect for cold and flu season. Our bone broth recipe came from here: <http://wellnessmama.com/5888/how-to-make-bone-broth/>

Bieler broth is a broth for detoxing and adrenal healing. It's a quick 30-minute recipe to help restore your acid-alkaline and sodium-potassium balance to organs and glands, especially the adrenal ones. We got the Bieler broth recipe and info from here: <http://oreganicthriftly.blogspot.com/2008/07/bieler-broth-simple-detox-remedy.html>

Turmeric, ginger and garlic are fabulous detoxifying and antiviral herbs to boost your immune system, help the body get rid of toxins and reduce inflammation.

Here's the recipe:

*Takes 12 hours to do it well!*

*If you don't have the time, see "Soup" instructions below and substitute chicken or veggie broth.*

### **Broth Ingredients:**

- 2 carrots
- 1 onion
- 4 celery
- 2 tbs apple cider vinegar
- 1.5 lb. string beans, ends removed
- 6 med. squash (zukes, yellow or summer)
- 1 chicken carcass (save chicken for soup!)
- 1.5 tbs sea salt
- 2 quarts cool filtered water
- 1 teaspoon peppercorns

### **Soup Ingredients:**

- 2 tbs. extra virgin olive oil
- 1 whole bulb of garlic
- 2 tbs finely grated ginger
- 1 tbs fresh grated turmeric
- 2 qts. bone/Bieler broth (what you made fresh), use store-bought chicken or veggie broth if you don't have fresh broth (two 32-oz. boxes)
- 1 qt. filtered water
- 1 lb. cooked rotisserie chicken
- 1 package Shitake mushrooms
- 1 bunch Kale
- 1/2 head cabbage
- 1 medium onion
- Carrots and green beans from broth
- 1 bunch parsley, leaves cut up
- 1 tbs. chili paste (optional)



#### FOR BROTH:

Put carcass in large slow-cooker, if you don't have one, large stockpot will do. Add water and vinegar. Let sit for 30 minutes in cool water. The acid helps make the nutrients in the bones more available. After 30 minutes, add roughly-chopped vegetables in pot. Turn slow-cooker on low and cook for 12 hours. We fished out the carrots and green beans as they were just soft and perfect for soup, set aside. Strain with fine metal strainer to remove bone bits and vegetables.

After cooled, broth can be refrigerated for up to 5 days or freeze for later use.

#### FOR SOUP:

Chop up a whole bulb of garlic, that's about 10 cloves (yes 10!), chop onion into small dices and finely grate ginger with a microplane. (QUICK TIP FOR GINGER: it's easier to grate when frozen. Use a spoon to scrape away peeling.) Meanwhile, heat oil on medium heat in large saucepan. Add diced onion, garlic and ginger to pan and cook, stirring, until fragrant. Then add cut up cabbage and mushrooms.

Add broth and water to pan with chopped veggies and bring to a boil over medium-high heat. After robust boil is achieved, lower heat to low, add rotisserie chicken and carrots and green beans, and cook for 10-15 minutes until all vegetables are tender.