

Immune Boosting Soup

Try this immune boosting soup recipe that your whole family can share:

1 astragalus root strip
10 cups water
1/2teaspoon thyme
1/2 teaspoon sage
6 cups vegetables, cut into bite-sized pieces
(good choices are carrots, celery, parsley, potatoes,
squash, tomatoes, string beans, and zucchini)
1 cup whole wheat pasta

Simmer the astragalus in the water with the thyme and sage for 20 to 30 minutes. Strain out the herbs and use the resulting broth for the soup. Add the vegetables and pasta to the broth and cook. Allow to simmer slowly for 1 hour. Enjoy!

Remember to get plenty of rest, curl up with a bowl of soup, and take care of yourself!