



Immune Booster Soup- Submitted By: Melody Hord

Jam packed with immune boosting vegetables, curry, turmeric, garlic, and other healing herbs, this Recovery Diet (<http://www.hacres.com/hallelujah-diet/recovery-diet>) soup is just what the doctor ordered!

Ingredients

- 2 sweet onions (one blended, one chopped)
- 4 cups broccoli (chopped)
- 2 carrots (peeled and cut into rounds)
- 1 celery rib (chopped)
- 1 tsp curry powder
- $\frac{1}{8}$ tsp turmeric
- $\frac{1}{4}$ tsp coriander
- $\frac{1}{8}$ tsp cinnamon
- $\frac{3}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp black pepper
- 1 tsp unrefined salt
- $\frac{1}{2}$ tsp dried minced onion
- $\frac{1}{2}$ tsp yellow mustard seeds
- 4- $\frac{1}{2}$ cups water

Directions

1. Cut an onion in 8 pieces and blend in a blender with $\frac{1}{2}$ cup of water.
2. Pour mixture into a pot and add all other ingredients including the remaining 4 cups of water. Bring to a boil.
3. Reduce heat and simmer for 15 minutes with lid on.
4. After 15 minutes, remove 2 cups of soup and place in a blender. **Let soup cool** for a couple of minutes in the refrigerator.
5. Slowly blend the 2 cups, being careful to let steam out of blender. **** NEVER ** blend hot soup** under a sealed blender lid. (Blending builds the steam's pressure, which will blow the lid off, causing hot soup to erupt, potentially causing severe burns.)
6. Add blended portion back to the pot.
7. Simmer for 5 to 10 minutes more, allowing flavors to mingle.