

Easy Immune Boosting Fall Soup

A colorful and tasty soup that warms the digestive fire and strengthens the immune system.

Ingredients

2 Tbsp. oil-extra virgin olive oil or organic ghee (clarified butter) or organic coconut oil
1 pkg, about 14.5 oz, Ready to use blend of chopped onions, carrots, celery
Pinch of salt
1 pkg, about 20 oz, butternut squash-pre peeled, cubed
About 1 lb. organic mushrooms, rinsed, chopped-white or brown or a mix of mushrooms
Spices as desired: ½ tsp salt, ½ tsp black pepper, ½ tsp ginger powder; 1 tsp each: garlic powder, turmeric powder, Italian Seasoning, other spices as desired
4 cups, broth-bone, or other broth
½ cup green or other lentils
Garnish options: toasted pumpkin seeds, pomegranate seeds

Instructions

In a 6 qt pot, add the 2 Tbsp. oil and heat on low for about 1/2 min.
Add the blend of onions, carrots, celery, and a pinch of salt. Stir.
Cook on medium-low until the veggies are softened, about 5 min.
Stir in the squash and mushrooms. Add more oil if needed.
Cook on low until slightly softened, about 5 min.
Stir in the broth.
Stir in the lentils.
Cover. Bring to a boil. Reduce heat to a simmer.
Simmer on low about 30 min until lentils are done.
Add the soup to a blender or use a hand blender. Blend well.
Or skip the blending and enjoy the soup, chunky version.
Serve.
Garnish, as desired. Some options: toasted pumpkin seeds, and/or pomegranate seeds.
Enjoy!

Modifications

- Add other veggies-chopped cabbage, baby greens, peeled, chopped parsnips, other.
- Peel & chop your own onion, celery, carrots.
- Peel and chop your own garlic and ginger.
- Increase or decrease quantities to make a smaller or larger amount of soup.

Recipe Hacks

- Buy a pre made butternut squash soup-box or can. Option: Add veggies, mushrooms and spices.

Tips

- Refrigerate extra soup for up to 3 days. Freeze for up to 6 months.

Benefits

Butternut squash and **carrots** provide fiber that feeds intestinal bacteria. Intestinal bacteria are major players in strengthening and balancing gut and overall immunity. Squash and carrots are rich in Vitamin A that helps fend off respiratory viruses. Vitamin A orchestrates the immune response in nasal passages-the 1st line of defense. The beta carotene in squash and carrots is just one of many carotenoids in orange, yellow, green and red veggies. Carotenoids promote heart and eye health as well as helping with cell regulation and cancer prevention.

Onions are part of the allium family of veggies, along with leeks, chives and garlic. They are rich in health promoting, cancer fighting quercetin and sulfur that supports liver and joint health.

Celery is a hydrating veggie, full of gut nourishing fiber and rich in cancer fighting apigenin and luteolin.

Mushrooms are rich in immune enhancing, cancer fighting beta glucans. Oyster and shiitake have higher amounts of beta glucans and bioavailable protein.

Lentils-add protein, fiber and a rich assortment of vitamins and minerals.

Ginger adds warmth and spiciness; it stokes the digestive fire and helps to calm inflammation.

Turmeric is the super star spice high in curcuminoids and other health promoting compounds. A multi tasker that calms inflammation, supports bowel regulation, eases depression and is one of the most well documented cancer fighters.

Olive oil is a mainstay of the Mediterranean diet and one of the reasons this diet is so health promoting, and heart disease and cancer protective. Choose high quality, extra virgin olive oil that comes in a dark, glass bottle. Unrefined or unfiltered will have more cancer fighting polyphenols.