

# THE Herb COMPANION

## Immune System Booster: Immune-Building Herbal Tonic Soup

By Laurel Vukovic

Makes 6 servings

Savory vegetable soup is a traditional way of incorporating astragalus, garlic and medicinal mushrooms into your diet.

- 1 ounce dried astragalus root slices
- 1/2-inch piece fresh gingerroot, slivered
- 1/4 cup brown basmati rice
- 8 cups vegetable or chicken stock
- 1/2 cup onion, chopped
- 1 cup winter squash, chopped
- 1 cup shiitake or maitake mushrooms, sliced
- 2 tablespoons extra virgin olive oil
- 1 cup corn, fresh or frozen
- 2 tablespoons light miso, or to taste
- 8 medium cloves garlic, minced
- 1/4 cup fresh parsley, minced

1. Simmer astragalus, ginger, rice and stock in a heavy covered pot for 1 hour.
2. Sauté onion, squash and mushrooms in olive oil for 5 minutes, or until vegetables soften.
3. Add sautéed vegetable mixture to the soup pot, cover and simmer 30 minutes. Add corn; simmer an additional 10 minutes. Remove astragalus.
4. Dilute miso in a small amount of hot broth and add to soup. Thin soup with additional broth if desired and add more miso to taste.
5. Add garlic and parsley, let stand for 5 minutes and serve.

*Laurel Vukovic writes from her home in southern Oregon. She is the author of 1001 Natural Remedies (DK, 2003) and Herbal Healing Secrets for Women (Prentice Hall, 2000).*