

Better than chicken soup



Nutritional Info

Servings size: 1 cup

Amount Per Serving

Calories: 100

Total Fat: 3.5g

Carbs: 17g

Protein: 2g

Ingredients

1 small yellow onion, chopped
4 cloves garlic, sliced
1 tbsp extra-virgin olive oil
1 tsp ground turmeric
8 fresh shiitake mushrooms, sliced
1 ½ cups julienned fresh kale
4 cups low-sodium mushroom, vegetable or chicken broth
1 cup cubed butternut squash
2 tbsp grated fresh ginger
1/8 tsp cayenne pepper (optional)
6 thin slices astragalus root (optional)
Juice of 1 fresh lemon
1 tsp miso paste

Directions

In a sauce pot over medium-high heat, sauté onion and garlic in oil 3 minutes. Add turmeric and mushrooms. Sauté 2 minutes. Add broth, kale, squash, ginger, cayenne and astragalus. Bring to a boil, reduce heat, cover and simmer 15 minutes. Remove from heat and let cool slightly, add lemon juice and miso (adding miso when still very hot will diminish its probiotic benefits). Cover and let sit 5 minutes before serving.