

Ingredients

- Mushrooms of all kinds (Enoki, Portobello, Chantarelle, pine sap, wood ear, et).
- Powdered Chaga, Shitake, Turkey tail, Maitake, and / or Reishi mushrooms

**If possible, buy organic your mushrooms organic or from as clean a source as possible. Mushrooms are like sponges picking up whatever they are grown in.*

- Fresh chopped ginger
- Red dates (optional)
- Dried longan (optional)
- Veggies of your choice (preferably green such as parsley, cabbage, zucchini, arugula, etc. and onion and garlic) chopped
- Chicken, beef or vegetable broth (or water and a few bouillon cubes)

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- Vegetarian
 - Gluten free
 - Paleo
 - Dairy Free
 - Low Carb
 - Low allergenic
 - Anti-inflammatory
 - Medicinal

Medicinal Mushroom Immune Boosting Soup

Prep 15 min | Cook time 60-120 min



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Directions:

Clean all the vegetables you plan on adding to your soup and chop to your desired size. Add to your large soup pot along with the water, broth, and a touch of salt and pepper. Let it cook on low for an hour and up to two. When it comes to mushrooms the longer you cook them the more medicinal properties liberated. Eat and enjoy.

Notes:

The medicinal mushrooms in this recipe are antiviral, antimicrobial, antiparasitic, and anti-tumour including immune-modulating activities (meaning if your immune system is low they help boost it and if your immune system is overactive such as in autoimmune disease they dampen it. Longan is a general tonic and helps boost the immune system and the red dates are great for digestion and sleep.