



Immune-Boosting Soup

The Ingredients

- 2 tbsp olive oil
- 1 leek, white and light green parts only
- 3 carrots, sliced
- 3 celery stalks, diced
- 1 orange bell pepper, diced
- 1 cup cremini mushrooms, sliced
- 3 cloves garlic, minced
- 3 tsp grated fresh ginger
- 1 tsp ground turmeric
- 2 bay leaves
- 8 cups chicken stock
- 1 lb. chicken breasts
- 2 cups baby spinach
- Salt and pepper to taste

Directions

- In a large pot, heat oil over medium heat and sauté the leeks, carrots, and celery until soft and translucent.
- Stir in bell pepper and mushrooms and cook until tender, about 5 minutes.
- Add garlic, ginger, turmeric and bay leaves. Cook 1-2 minutes or until fragrant. Add salt and pepper to taste.
- Pour in chicken stock and bring to a simmer.
- Add chicken breasts and cover pot and simmer for 15 minutes or until the chicken is cooked. Remove the breasts from the pot and shred the chicken.
- Stir the spinach in until just wilted and add chicken back to the hot soup.

[REFERENCE: PARSNIPS AND PASTRIES](#)