

6 Feel-Better

SOUPS

To Beat The Flu





YOUR GUIDE TO FEEL BETTER SOUPS

This winter, ease the symptoms of colds and flu with these healing soup recipes. They're delicious, all-natural and easy to make!

PREFACE

- **Broth-based soups** are easy to sip, easy to digest and soothing for sore throats.
- **Simple proteins** such as shredded chicken keeps your strength up while you're fighting off the bugs.
- **Healthy ingredients** like onions, garlic, tomatoes and greens are rich in antioxidants and will give you a great nutritional boost.
- **Use spices** in your soups to bust a variety of symptoms.
- **Ginger** is a **tummy-friendly** ingredient that's great for settling nausea.



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THE “IMMUNE-BOOSTING” MUSHROOM SOUP

This recipe is full of powerhouse ingredients such as mushrooms, which are reported to have antimicrobial and anti-inflammatory properties. Shiitake mushrooms also contain AHCC (active hexose correlated compound), which studies from Ohio State University reveal may improve the immune response.

INGREDIENTS (MAKES 6-8 BOWLS)

- 1 tablespoon coconut oil
- 1 large yellow onion, chopped
- 6 garlic cloves, minced
- 2 celery stalks, sliced
- 450g shiitake mushrooms
- 1 ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 teaspoon turmeric
- 12 cups water
- 4 handfuls spinach, chopped
- ½ head kale, chopped

Optional: 1 tablespoon freshly grated ginger



DIRECTIONS

1. Chop off the bottom of the mushroom stem and discard. (Only discard the very bottom of the stems, not the entire stem as it contains many nutritional benefits). Slice the tops and remaining stems into large pieces
2. Heat coconut oil in a large pot over medium heat
3. Add onions and sauté for 5 minutes or until translucent
4. Add in garlic and cook for 1 more minute
5. Add in celery and mushrooms and sauté for about 10 minutes or until mushrooms have wilted
6. Add in spices (including ginger, if using) and water and bring to a boil
7. Let simmer, covered for 1 hour or as long as you want (the longer you leave, the better)
8. Add spinach and kale in the last 10 minutes of cooking to wilt
9. Serve warm or store for up to 1 week in the refrigerator



THE “PICK-ME-UP” MINISTRONE SOUP

Get an energy boost with this minestrone soup packed with nutritious vegetables. Zucchini's are high in essential nutrients such as potassium, which according to wellness physician, Dr Josh Axe, is great for fighting inflammation, boosting energy and relieving sore muscles.

INGREDIENTS (MAKES 5 BOWLS)

- 1 cup pasta shells
- 1 ½ cups carrots
- 1 ½ cups (approximately 2) zucchini
- 1 small onion
- 2 tablespoons olive oil
- 1 can cannellini beans, drained
- 1 can seasoned diced tomatoes, drained
- 2 cups vegetable broth
- 2 teaspoons basil
- 3 cups of water
- Salt and pepper
- Parmesan cheese



DIRECTIONS

1. Bring three cups of water to a boil and cook pasta for time recommended on box
2. Chop carrots, zucchini and onions into bite size pieces
3. Combine carrots, zucchini and onions in microwave-safe bowl and add olive oil
4. Microwave covered on high power for 4 minutes
5. In a large microwave-safe bowl, combine the microwaved vegetables with beans, tomatoes, broth, basil, salt and pepper
6. Microwave covered on high power for 8-10 minutes
7. Sprinkle liberally with cheese before serving



THE “COUGH-BUSTING” CHICKEN NOODLE SOUP

If your loved ones are feeling a bit under the weather, get them to try this trusted classic. Studies from the University of Florida and the UK's Garlic Centre, as published in PubMed, found certain doses of garlic extracts enhanced immune cell function and helped reduce the number of days sick with cold or flu by 61%.

INGREDIENTS (MAKES 8 BOWLS)

For the chicken:

- 500g skinless, boneless chicken breast tenders (you can save yourself some time and use left over chicken, if you have)
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon cayenne pepper
- ½ teaspoon dried origanum
- ¾ teaspoon salt
- ¾ teaspoon ground black pepper



INGREDIENTS CONTINUED

For the soup:

- 3 tablespoons olive oil
- 3 large carrots, peeled and diced
- 3 stalks celery, diced
- 1 very large onion, finely diced
- 8 cloves garlic, minced
- Big pinch of salt
- 4 cups of chicken stock (or chicken bone broth)
- 4 cups water
- 1 bay leaf
- 2 cups noodles of your choice (elbows or egg noodles)
- Juice of 1 lemon, plus more for serving
- $\frac{1}{4}$ - $\frac{1}{2}$ cup fresh dill, chopped



DIRECTIONS

1. Preheat oven to 190 degrees Celsius
2. Place chicken tenders in a large baking dish lined with baking paper
3. Drizzle with 2 tablespoons of oil and sprinkle with spices
4. Place in the oven and bake for 25 minutes, flipping the chicken at the half way point
5. Once cooked, pull into small chunks using two forks

While the chicken is roasting, prepare the soup

6. Heat olive oil in a large, heavy bottomed soup pan over medium heat
7. Add carrots, celery and onion and cook for 8 – 9 minutes, stirring occasionally
8. Add garlic and salt and cook for another minute before adding the bay leaf, water and chicken stock
9. Increase heat to high, bring soup to a boil, then reduce heat to medium-low
10. Stir in noodles, and simmer for 10 – 15 minutes or until the vegetables are soft and the pasta al dente
11. Stir in cooked chicken, dill and lemon juice
12. Taste soup to adjust seasonings and serve at once



“NOURISHING” JAPANESE CLEAR ONION SOUP

When you're sick and can barely stomach anything, you'll need a wholesome and comforting soup. Onions are a great source of vitamin C which, health information site, Health Line, reports are great for healthy immune function.



INGREDIENTS (MAKES 4 BOWLS)

- 2 onions, diced
- 6 cups vegetable broth or water, whichever you have on hand
- 2 celery stalks, diced
- 2 carrots, peeled and diced
- 2 garlic cloves, minced
- Handful button mushrooms, washed thoroughly and thinly sliced
- Handful sliced scallions
- Salt and pepper to taste
- Soy Sauce to taste
- Sriracha Hot Chilli Sauce



DIRECTIONS

1. In a little bit of oil, sauté the onions in a pot until slightly browned
2. Add the carrot, celery, garlic and 6 cups of vegetable broth/water
3. Bring to the boil and then simmer for 30 minutes
4. Season with salt and pepper
5. Strain the veggies from the broth and add the mushrooms and scallions before serving



THE “HEALING” CABBAGE SOUP

The healing powers of cabbages are invaluable. Cabbages have an impressive nutrient profile which contains vitamins C, K and Folate, which Health Line adds are great for strengthening the immune system.

INGREDIENTS (MAKES 4 BOWLS)

- 3 tablespoons olive oil
- ½ onion, chopped
- 2 cloves garlic, chopped
- 4 cups of water
- 4 teaspoons chicken stock granules
- 1 teaspoon salt, or to taste
- ½ teaspoon black pepper, or to taste
- ½ head cabbage, cored and coarsely chopped
- 1 can Italian-style stewed tomatoes, drained and diced (if you don't have stewed tomatoes, simply add a bit of sugar to a can of diced tomatoes for a similar effect)



DIRECTIONS

1. In a large stock pot, heat olive oil over medium heat
2. Stir in onion and garlic and cook until onion is transparent, about 5 minutes
3. Stir in water, stock granules and salt and pepper
4. Bring to a boil, then stir in cabbage
5. Simmer until cabbage wilts, about 10 minutes
6. Stir in tomatoes and return to a boil
7. Simmer for 15 to 30 minutes, stirring often



THE “SOOTHING” SPICED CARROT SOUP

Beat the seasonal blues and cosy up with this heart-warming spiced carrot soup. Carrots are a great source of Vitamins C, E, beta-carotene, which AARP suggests may ward off respiratory infections.




INGREDIENTS (MAKES 6 BOWLS)


- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 cloves garlic, crushed
- 700g carrots peeled and chopped
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon cayenne pepper
- 5 ½ cups of vegetable stock
- Salt and freshly ground pepper
- 1 tablespoon freshly chopped coriander



DIRECTIONS

1. Heat the olive oil in a medium-sized pan
2. Sauté the onions and garlic for approximately 4 – 5 minutes
3. Add the carrots and spices (coriander, cumin, cayenne pepper) and cook for a further 2 minutes, stirring constantly
4. Add the stock, bring to the boil, then turn down to simmer and allow to cook for approximately 25 – 30 minutes until the carrots are soft
5. Using a food processor or blender/ stick blender, puree the carrots and return to the pan
6. Season to taste with salt and pepper and cook for a further 5 minutes
7. Serve garnished with the freshly chopped coriander



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