

The Northwest School for Botanical Studies®

Recipe by Christa Sinadinos

Immune Tonic Vegetarian Soup Recipe

Enriched with Nettles, Burdock, Chinese Tonic herbs, and Mediterranean herbs

The evening before or just before starting the following soup making process, add 4 cups of cashews to 6-8 cups filtered water. The cashews should be submerged in water, with 1-2 additional inches of water above the cashews. Allow them to soak until the soup is cooked. The following recipe can be cut in half in order to make a smaller batch.

Part one

- 1) Clean and chop the following vegetables: 1 onion, 3 sticks of celery, 2-3 ¾ inch diameter burdock roots, and 6-12 garlic cloves (up to one head)
- 2) Sauté the veggies in a covered pan on medium heat, with about 3 tbs. of olive oil, until the onions are translucent (about 6-10 minutes). Stir frequently.

Part two

- 1) Combine the following ingredients:
 - A) Place the sautéed veggies in a large covered pot with 2 gallons of filtered water (or vegetable stock)
 - B) Add 4 astragalus sticks and 4 codenopsis sticks
 - C) Add 4-5 bay leaves (California bay leaves if possible)

Bring the water to a boil and once boiling, turn down to a low, rolling simmer. Next add the following ingredients:

- 1) 2 cups long grain basmati rice or long grain Lundberg rice
- 2) ½ cup dried nettles or 1-2 cups fresh, chopped nettles
- 3) Mediterranean herbs: 2 tbs. oregano, 1 tbs. each of thyme, rosemary, and tarragon
- 4) 2 tbs. dulse and 2 tbs. or 1/8 cup of either wakame, nori, or fucus
- 5) Add 2-3 (each) of chopped and peeled yellow beets and black radishes
- 6) 2 tbs. of sea salt

Simmer for 25 minutes, on a low rolling simmer, with the lid on the pot.

Part three

Next, add the following ingredients and cook for about 10-15 minutes or until the roots are cooked.

- 1) 4 chopped carrots, 2 turnips, peeled and chopped, and 1 bunch of chard

Part four

While the roots and greens are cooking, puree the cashews and water in a food processor. Once the root vegetables are thoroughly cooked, add the pureed cashews and liquid to the soup and stir until the puree is mixed in with the broth.

If necessary, add more salt. Otherwise, the soup is ready to be served. Once the soup poured into bowls, garnish with a teaspoon or so of chopped parsley and serve.

Cheers to your radiant health!