

## Immune Boosting Soup

A great soup and meal for when you feel the start of a flu coming on (clear runny nose, sniffles, joint aches, headaches, lethargic, feeling of hot and cold) .

This soup is very high in Vitamin C, some iron, Vitamin A, fibre and anti-bacterial and anti-viral actions if you use garlic! Celery can act like a diuretic and can settle swollen joints, and chilli can warm the body to help kill the virus or bacteria.



### Ingredients

3 cloves of garlic  
2 onions (+ 1 Tbs of olive oil)  
2 red capsicums  
3 zucchinis  
3 stalks of celery  
½ bunch of parsley  
2 florets of broccoli  
2 chopped tomatoes

Chop onions, garlic and capsicums. Place 1Tbs of oil in a deep saucepan. Throw in chopped onions, garlic and capsicums. Saute (cook on  $\frac{3}{4}$  highest temp) and stir every 30 seconds, until the mix is soft and transparent. If you like chilli, add it now. Add roughly chopped broccoli, zucchini, celery and parsley.



Cover with "just enough water," and bring to the boil. Cool for 30 mins or until vegetables are soft, but still have bright colours (they will fade when they are over-cooked and the nutrients will be lost). Blend with a Bamix or soup blender. You can serve with grated parmesan if you like a bit of bite, or otherwise "au naturel " is delicious too.

