

Ginseng (Eleutheo) Powered Soup

INGREDIENTS

- 1 large onion, chopped
- 1 medium-bell pepper
- ½ tsp chili flakes (addition if wanted)
- 4–6 garlic cloves
- 2 teaspoons coconut oil or extra virgin olive oil
- 8 cups water or broth
- 1 large sweet potato or yam, peeled and cut
- 2 large carrots, peeled and sliced into rounds
- A handful of fresh medicinal mushrooms, like maitake or shiitake.
- 1 small piece of fresh ginger, minced or half tsp of ginger powder
- 1–2 teaspoons Eleuthero powder
- 2 teaspoons of reishi powder
- 1- teaspoon astragalus powder

DIRECTIONS

- In a large soup pot, sauté the onions, bell pepper and garlic in oil.
If you choose to add meat or tofu add it together.
- Right before onions caramelize, add the water or stock.
- Add the sweet potato/yam, carrots, mushrooms, ginger, in water or broth.
Let it simmer for an hour or two on a low temperature.
You can also add in some seaweed, shallots or fennel at this time.
- Add in Eleutheo, astragalus and reishi powders halfway through the simmering process.
- After a 1.5-2 hours, turn the heat off.
- Add salt & pepper for flavour
- Add your fresh or dried culinary herbs of choice, such as coriander, parsley, basil, sage, marjoram, rosemary, thyme, etc., or any others and let the spices infuse for a few minutes on the heat.