

*Astragalus/Mushroom Immunity Broth: From HarmonizedCookery.com*

This vegetarian broth will deeply nourish and strengthen your immune system.

You will need:

- 8 cups water
- 1 onion, diced
- 1 bulb garlic (at least 10 cloves), chopped
- One 1 1/2 inch (3 1/2 cm) piece of fresh ginger root, chopped
- 5 pieces sliced dried Astragalus Root
- 2 cups fresh, sliced shiitake mushrooms
- 1 large reishi mushroom

Bring all the ingredients to a boil in a large stock pot. Reduce to medium low heat and simmer for 30 minutes to 2 hours.