

ARBOR TEAS' IMMUNITY BOOSTING MUSHROOM & BURDOCK ROOT SOUP

Preparation Time: 20 minutes | **Cook Time:** 35 minutes | **Yield:** 6-8 (12-ounce) bowls

Common Allergens: Soy, Sesame (Optional)



"Comforting and delicious, this simple plant-based soup is brimming with healthy goodness! The combination of mushrooms, greens, and Organic Burdock Root create a meal that is packed with fiber, B vitamins, and vitamins A & C, plus essential minerals such as iron, copper, manganese and potassium. Who knew immunity support could be so tasty?" says Sarah Boylan, Warehouse Manager at Arbor Teas.

INGREDIENTS:

- 1 medium yellow onion, diced
- 2-3 cloves of garlic, minced
- 8 ounces shiitake mushrooms, stems trimmed & thinly sliced
- 8 ounces cremini mushrooms, stems trimmed & thinly sliced
- 3 small heads of bok choy, cleaned & chopped
- 3 Tablespoons low-sodium soy sauce
- 2 cups kale, ribs removed and roughly chopped
- 3 medium carrots, sliced into rounds
- 3 Tablespoons Arbor Teas organic burdock root
- 8 cups low-sodium vegetable broth
- salt and pepper, to taste
- 2 Tablespoons white miso (optional, but adds more savory flavor)

OPTIONAL GARNISHES:

- Toasted sesame seeds
- Green onion, chopped

INSTRUCTIONS:

- Add the onion to a large soup pot over medium-low heat. You may add 1-2 Tbsp water or vegetable broth to prevent sticking.
- After the onion cooks for 3 minutes or so, add minced garlic to the pot and continue cooking. Stir occasionally and add additional broth if necessary to prevent sticking.
- After 5-7 minutes of sautéing, once the onion has softened, add the sliced mushrooms to the pot.
- Stir the mushrooms and onion gently and cook over medium-low heat until the juices have been released, and the mushrooms begin to brown.
- After the mushrooms begin to brown, add the bok choy, soy sauce, kale, carrots and burdock root to the soup pot.
- Gently pour in 8 cups (2 quarts) of low sodium vegetable broth and increase the heat to high.
- Once the soup begins to boil, reduce the heat to low and cover the soup.
- Simmer the soup for 15-20 minutes, stirring occasionally.
- Season the soup with salt and pepper to taste.
- Allow the soup to cool slightly before adding the optional miso. Stir well to ensure the miso fully dissolves into the soup.
- Garnish the soup with toasted sesame seeds and chopped green onion and serve.