

Immune Boosting Garlic & Ginger Soup



Ingredients

4 scallions

1 large thumb fresh root ginger

2 cloves of garlic

7 cups of bone broth or vegetable stock for vegetarians & vegans

1 medium-heat chili pepper

Method

Chop the scallions, grate the ginger, mince the garlic and sauté gently in a knob of butter for about 2 minutes.

Add the bone broth or vegetable stock, bring the heat up and allow the mixture to simmer for about 5 minutes.

Add the finely chopped (including the seeds if it doesn't make it too spicy) and simmer for a further 5 minutes.

If you want to make this more of a meal, add any vegetables you like, a protein of choice or even brown rice or quinoa.

Enjoy!

Source: [Healthy Holistic Living](#)



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