

Immune-Boosting Soup Recipe

This one-pot wonder of a soup is an absolute powerhouse when it comes to dealing with colds and flu. Don't be put off by the goji berries — these sweet treats were once hard to find, and cost the earth, but thankfully they can now be found cheaply in any [health](#) food store.

Ingredients:

1 red onion, minced
1 green chile, minced
4 garlic cloves, minced
2-inch piece fresh gingerroot, minced
2 tablespoons olive oil
2 medium sweet potatoes, diced, skins left on
4 ounces shiitake mushrooms, sliced
2 handfuls goji berries
vegetable stock, to cover
salt and black pepper

Instructions:

Put the onion, chile, garlic, and ginger in a large pan with the olive oil. Cook over medium-high [heat](#) for about 5 minutes, until the onion softens.

Add the sweet potatoes and mushrooms to the pan along with the goji berries. Stir well, then add enough vegetable stock to cover all the ingredients. Simmer well for 10 to 15 minutes, until the potato is soft. Season with salt and pepper.

Carefully add the soup to a blender in batches, and blend into a smooth, vivid orange, spicy soup. *Makes 4 serving*