

Vegetable Soup

This Vegetable Soup is the perfect pick-me-up if you're feeling under the weather! Store it in the fridge for up to 4 days or freeze it for up to a few months.

Prep Time: 15 minutes

Cook Time: 45 minutes

Total Time: 1 hour

Servings: 6-8



INGREDIENTS

- 4 tablespoons extra-virgin olive oil, divided
- 1 medium yellow or white onion, chopped
- 3 carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 cups chopped vegetables: potatoes (or sweet potatoes), green beans, zucchini (or yellow squash)
- ½ cup corn, fresh or frozen
- 1 teaspoon sea salt, divided, to taste
- 6 cloves garlic, pressed or minced
- ½ teaspoon turmeric powder
- ½ teaspoon dried thyme
- 6 capsules MyPure Cordyceps, powder from
- 1 large can (28 ounces) diced tomatoes
- 4 cups (32 ounces) vegetable broth
- 2 cups water
- 2 bay leaves
- ¼ cup chopped fresh parsley
- ¼ teaspoon cayenne, to taste
- Freshly ground black pepper, to taste

INSTRUCTIONS

1. Warm 3 tablespoons of the olive oil in a large Dutch oven or soup pot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, chopped vegetables, corn and ½ teaspoon of the salt. Cook, stirring often, until the onion has softened and is turning translucent, about 6 to 8 minutes.
2. Add the garlic, turmeric powder and thyme. Cook until fragrant while stirring frequently, about 1 minute. Pour in the diced tomatoes with their juices and add in the MyPure Cordyceps powder. Cook for 3 more minutes, stirring often.
3. Pour in the broth and water. Add ½ teaspoon more salt, 2 bay leaves, parsley and the cayenne. Season generously with freshly ground black pepper. Raise the heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer for 30 minutes.
4. Remove the pot from heat and remove the bay leaves. Stir in the remaining 1 tablespoon of olive oil. Taste and season with more salt, pepper and/or cayenne as desired. Serve and enjoy.