



Ginger Soup

~ An Immune System Booster ~

Preparation Time: 40minutes

Cooking Time: 20 minutes

~ Ingredients ~

5 Tbsp fresh ginger root, chopped  
10 scallions, chopped  
1 small onion chopped  
Two tablespoons of butter/olive oil  
1 brick tofu, cubed (optional)  
3 cups bean sprouts  
½ tsp red pepper  
1 tsp paprika  
1 bulb garlic, peeled & chopped  
1 lemon, juiced  
6 cups water  
Pinch of Black Pepper  
2 tablespoons of cilantro

~ Directions ~

Warm some olive oil or butter (approx 2 Tbsp) in a wok or large saucepan on low heat. Add chopped onion and sauté or until it looks clear.  
Then add each ingredient as you prepare it; EXCEPT water and cilantro.  
Let warm together; mix gently with spatula every 3 minutes.  
Add water once ingredients are warmed.  
Let simmer on low heat 15-20minutes.  
Remove the soup from the stove and add black pepper & cilantro.

Adjust according to taste.

*Bon appetit!*