

Astragalus Soup

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Food has been the medicine of humanity since the dawn of time. Healing foods and herbs are the basis of Ayurvedic cuisine. It began as a way for people to ingest healing herbs and foods. Gradually, complicated mixtures of food ingredients, herbal medicines, and flavorings coalesced into a tasty amalgam that warms the soul, heals the body, and pleases the palate.

Astragalus Root

Astragalus root boosts energy and immune function. Although mainly used for long-term disease prevention, Astragalus can be used for colds and flu. Some Chinese families add Astragalus to the stew pot during the cold season, and everyone gets a daily immune boost. Astragalus tastes surprisingly good as a tea, with a velvety texture and sweet, buttery taste. Cook it into a soup stock, or brew tea and use that to cook a grain like rice.

Velvet Immune Broth

3 cups water or broth

1 ounce Astragalus slices (about 7)

1 bulb fresh peeled garlic

Salt and pepper to taste

Place water, garlic, and Astragalus in pot. Bring to boil. Cover pot and simmer on medium low for several hours, until garlic is soft. Remove Astragalus slices and any fibrous material. Drink hot. You can eat the garlic with the broth, or remove the garlic and spread it on toast. Try adding noodles, barley or rice, slivered almonds, and/or carrots (cook till soft) to the broth to make a meal. Cook grains in leftover broth to add a healthier touch to a future meal. Add fresh sliced ginger root or ground ginger, and diced onion before cooking to add to the immune strengthening and antibacterial properties of the soup. For an extra immune boost, add medicinal mushrooms like shiitake.