

Immunity Turmeric Soup

Ingredients:

- * 1/2 tablespoon extra- virgin olive oil
- * 1 cup chopped onion
- * 2 cloves garlic minced
- * 1/2 cup raw carrot sliced
- * 1 large stalk celery chopped
- * 1/2 tablespoon ground turmeric
- * 1/4 teaspoon ground ginger
- * 1/8 teaspoon black pepper
- * 1/8 teaspoon cayenne
- * 4 cups vegetable broth
- * 2 cups cauliflower florets
- * 2 cups diced zucchini
- * 2 cups chopped kale
- * 1 small can cannellini (19 oz.) drained and rinsed

Directions:

- Heat the oil in a large saucepan over medium heat.
- When the oil is shimmering, add the onion and cook for 3 to 4 minutes, until softened.
- Add the garlic and cook another minute more.
- Add the carrot and celery and cook for 3 minutes.
- Add turmeric, ginger, black pepper and cayenne and stir until the vegetables are fully coated with the spices.
- Increase the heat to medium high and add the vegetable broth. Once the mixture is boiling, reduce heat to low and add the cauliflower and zucchini.
- Cover the saucepan and simmer for 15 to 20 minutes, until the cauliflower is very tender.
- Stir in kale and cannellini beans and cook for 2-3 minutes more, until greens are wilted. Serve hot.