With a chill in the air and the bug season underway, I thought I'd share a simple yet totally nutritious and delicious immune-boosting soup. A delicious combination of immune supportive ingredients makes this soup a nourishing, healing brew.

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JUMP FOR CHOY

Asian Immune-Boosting Soup

4 cups broth (vegetable, beef, chicken)
4 garlic cloves, minced
2 heads baby bok choy, chopped
1/2 inch ginger root, peeled and minced
10 oz. mushrooms, sliced
6 oz. green onions, chopped
(separate white and green parts)
Sea salt and Pepper to taste

Put all ingredients, except green onion tops, in a pressure cooker or instant pot. Bring to pressure for up to 5 minutes or simmer on stove top for 30 minutes. Release pressure and add green onion tops.

Serves: 4.

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