

Gobo Gumbo

A great soup from Japan that also supports the immune system.

This dish contain several compounds that help the immune system fight viruses, and researchers have found that burdock (AKA gobo) has properties that specifically fight HIV.

Ingredients

3 cups water
1 cup fresh burdock stems, chopped
5 cloves garlic, minced
1 onion, chopped
1-1/2 cup fresh okra, diced
Salt (to taste)
Pepper (to taste)
Turmeric (to taste)

Directions

In a large saucepan over high heat, bring the water, burdock, garlic, onions, and okra to a boil. Reduce heat. Cover and simmer until the vegetables are soft. Season with salt, pepper and turmeric.

Makes 2 servings