

Immune Boosting Soup

1 whole chicken
1 litre of water (3.75 cups)
3 slices astragalus (huang qi)
1 tsp olive oil
10 oz. shiitake mushroom
1 tsp chopped ginger
4 chopped garlic cloves

Place chicken and astragalus in water. Bring to boil and simmer for 1 hour. Add remainder of ingredients and simmer for another 45 minutes.