

## **Gobo Gumbo**

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

This dish contains 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