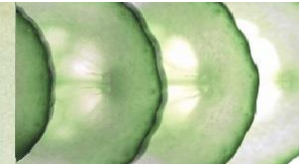


# Sara Galipeau

Registered Holistic Nutritionist



## Viet-Thai Style Spring Onion & Greens Soup (“Sickie-Poo Soup”)



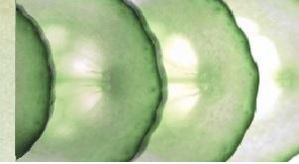
*Whenever we’re under the weather, my husband or I will whip up a batch of this soup, inspired by our favourite restaurant tom yum or tom kha ga, with whatever we can get our hands on at the store or in our fridge. It’s usually loaded with immune-building and -boosting goodness. Mushrooms, particularly exotic ones like shiitake, are loaded with beta-glucans. Lemongrass is under study for its effects on immunity. Ginger, garlic, onions, and cayenne are anti-inflammatory, anti-microbial, and help fight nausea. Greens, particularly cruciferous like bok choy and kale, aid liver function and are high in electrolytes like calcium, potassium, and magnesium. Coconut milk, particularly the oil, contains anti-viral and anti-fungal caprylic acid. It’s nourishing without being overly filling. To make it heartier, add organic tofu or tempeh chunks, or chickpeas.*

### Ingredients

- 4 cups water
- 1 yeast-free, gluten-free, and/or low-sodium vegan bouillon cube, any flavour (mushroom, onion, “chicken”, or “beef” work well)
- Pinch sea salt (optional, to taste)
- 1” peeled & minced fresh organic ginger, or ½ tsp. ground ginger powder
- 3 cloves peeled, crushed, & minced organic garlic, or ½ tsp. garlic powder or flakes
- 1 stalk lemongrass, peeled & finely chopped
- Pinch cayenne, to taste

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- ¼ tsp. organic ground turmeric
- 1 tsp. organic chili powder
- 4-6 chopped organic green onions (white and green parts)
- Approx. 1-1½ cups combined chopped shiitake, enoki, oyster, and/or cremini mushrooms
- 2 stalks organic baby bok choy, chopped
- ½ pound organic firm tofu, drained, pressed, and diced (optional)
- 3 Tbsp. organic coconut aminos (to taste)
- Juice of 1 organic lemon or lime
- ½ cup organic coconut milk
- 2 bundles buckwheat soba, udon, rice, or kelp noodles
- Handful each chopped fresh Thai basil, cilantro, or baby greens mix (such as kale, chard, arugula, or spring mix) (optional)
- ¼ cup raw cashews or peanuts (optional)

## Directions

Heat water, veggie bouillon, and spices in a medium-large pot over medium heat. Stir. Chop the onions, mushrooms, and bok choy, and toss into the water as it is warming.

Allow the soup to come to a gentle boil, stirring occasionally. Start heating a second pot of water to cook the noodles.

Add the tofu (if using), coconut aminos, and lemon/lime juice to the soup. When the second pot starts to boil, add the noodles to it and cook until just al dente, or still slightly firm but can be twirled on a fork (about 2-3 minutes).

Drain the noodles, rinse with cold water, and refresh by rinsing with hot water. The vegetables in the soup should be just cooked through. Add the coconut milk and stir.

Separate the noodles into 4 bowls and ladle soup over the noodles.

Garnish with herbs, greens, and cashews/peanuts as desired, and serve. Makes 4 servings.

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