

# From the Kitchen of Donnie Yance: Immune-Enhancing Soup

## Ingredients

- 3 – 4 pounds organic bones (lamb, bison, beef, or poultry) The best bones are organic, hormone free, antibiotic-free beef or lamb bones.
  - *The bones may be omitted for a vegetarian option.*
- 5 to 6 quarts filtered water, or slightly more as needed
- Fu zheng soup herbs astragalus, shan yao, sheng di, gou qi zi, dang gui pian, Rumex crispus (yellow dock)
- Large onion, peeled and quartered
- 4-6 cloves crushed garlic
- 2 tomatoes, peeled, seeded, and halved
- 2 small potatoes, peeled and quartered
- ½ cup to 1 cup shiitake mushrooms
- 2 to 3 five-inch pieces kelp, kombu or alaria sea vegetable
- 2 tablespoons balsamic, red wine, or raw apple cider vinegar, or lemon juice
- 2 bay leaves
- 1 teaspoon sea salt
- 5 whole sprigs of fresh parsley
- 1 tablespoon miso

Optional ingredients: crushed ginger (1 tsp. – 1 tbsp.), beets, celery, burdock root, carrots, kale, or other vegetables

Optional herbs: thyme, rosemary, basil, turmeric, 1 tsp. black peppercorns

## Preparation

1. Preheat oven to 400° F.
2. Rinse bones and place on a foil-lined tray.
3. Roast bones, uncovered, until brown on all sides, turning every 20 minutes. (This takes approximately 1-2 hours, depending on amount of bones.)
4. Add bones to stockpot with 1 ½ quarts cold water, or enough to cover the bones.
5. Slowly bring to a boil. Then, lower heat until soup is gently simmering.
6. Add remaining ingredients and simmer, covered, for 2-4 hours (the longer, the better).
7. Add additional water as needed to keep amply covered during cooking.
8. Toward the end (last 5-10 minutes) of simmering, remove bones.
9. Add parsley, miso, and stir well.
10. Try to consume 1 to 2 bowls per day. This soup will keep in the refrigerator five to seven days.