

## Antiviral Soups for the Whole Family



### 1. Asparagus Antiviral Soups

Most people might raise their eyebrows at the idea of asparagus soup. After all, it's not your normal go-to when you're thinking of making a soup or stew. But you'll be won over after digging a spoon into this dish! It's very creamy, which will be surprising when you realize this dish is completely vegan with zero cream.

Asparagus is an excellent source of vitamin K (more than half your daily RDI in just half a cup), and vitamin K has been [well-researched](#) for its anti-inflammatory properties and diseases-reducing activity. Asparagus is also one of the top sources of quercetin, isorhamnetin and kaempferol, three flavonoids (a type of antioxidant) with [antiviral and anticancer effects](#).

Secret tip: This soup is amazing on its own, but you can also drizzle it over whole-grain brown rice, cubed smoked tofu or other side dishes to make it a heavier meal.

1 14-ounce box of vegetable broth  
1/4 cup water  
1 yellow potato, cut into 1/2-inch chunks  
1 medium shallot, sliced  
1 clove garlic, minced  
1/2 teaspoon dried thyme  
1/2 teaspoon dried marjoram  
1/8 teaspoon salt  
12 ounces asparagus (cut off the woody ends and chop into 1-inch chunks)  
Pinch of black pepper

In a big pot, boil all the ingredients except for the asparagus. Once boiling, reduce the heat to a simmer and let everything cook until the potatoes are tender. This may take approximately 10 minutes. Once the potatoes are soft, add in the asparagus and cook for another five minutes or until the asparagus is tender.

Pour the entire pot of ingredients into a blender and blend until creamy. Enjoy with a sprinkling of black pepper. You can also enjoy this soup chilled the next day for a refreshing meal on a hot day.

## 2. Baja Butternut Squash Soup

Groundbreaking new research on the coronavirus has identified that vitamin A may be an [effective antiviral agent](#) for supporting your immunity. And butternut squash is undoubtedly one of the best ways to get this essential nutrient. In fact, just one cup of butternut squash offers an incredible 457% of your vitamin A RDI!

This soup is a stunning, orange color sure to please both the eyes and the palate. Exotic spices like cumin and chipotle add a depth of flavor that you won't find in most other soups. Finally, yogurt adds a pinch of creaminess and also gut-friendly bacteria (a healthy gut enhances your immune system).

- 1 1/2 pounds butternut squash
- 1 teaspoon vegetable oil
- 2 stalks celery, chopped
- 1 small onion, diced
- 1 carrot, peeled and chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground chipotle chile
- 1/8 teaspoon ground cloves
- 6 cups vegetable broth
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 cup plain yogurt (plant-based vegan yogurt also works)
- 2 tablespoon fresh parsley, minced

Preheat your oven to 350 degrees Fahrenheit. While the oven is warming up, cut your butternut squash in half with a sharp knife and scoop out the seeds. Massage some vegetable oil onto the cut side of each squash, then place face-down on a baking sheet.

Roast in your oven for approximately 60 minutes or until the squash is tender. Remove from the oven and set aside to cool. Once it's cool, scoop the cooked squash out of its shell and into a bowl.

While you're waiting for the squash, prep everything else. In a frying pan, heat the oil and saute the celery, onion and carrot until the veggies begin to become tender. Stir in the cooked squash and the seasonings/herbs, then pour in the broth and simmer for half an hour.

Pour all the contents into a blender and blend until smooth. Enjoy!

## 3. Summer Pea Soup

Depending on where you live, peas are just getting into season right now. Enjoy fresh, local produce with this delicious blend of peas and dill. It takes just minutes to prepare, but you'll enjoy it all day long for its rich, creamy flavors.

Not only are peas very high in plant-based protein and fiber, nourishing your entire body. Peas are also incredibly high in antiviral nutrients like vitamin A, vitamin K, vitamin C and iron, as well as minerals like manganese.

Peas have been shown to [reduce](#) the risk of cancer, as well as heart disease, diabetes, etc.

12 cups water  
2 pounds English peas with shells on  
1/3 cup fresh dill, minced  
Pinch of salt and pepper  
3/4 cup plain yogurt

Add the peas to a pot of simmering water and cook for 45 minutes.

Pour the peas, and a cup or two of the hot water from the pot, into a blender and blend until pureed. Pour the rest of the water in the pot out.

Drain the pureed peas through a sieve to remove as much of the water as possible.

Once as much of the water has drained from the sieve (you may want to press down on it a bit -- be careful, as it's hot! -- to remove excess water), toss the peas back into the pot and simmer for another half an hour.

After the additional cooking time, turn off the heat and stir in the salt, pepper and dill. Serve with a garnish of yogurt and enjoy.

### **More Ways to Support Your Health**

Your diet is just one piece in your immune system's wellness puzzle. [Thymic proteins](#) are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins drops as you age. [BioPro-Plus 500](#) offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining a healthy diet with healthy supplements!



**Alternative Health Concepts**

<http://www.alternative-health-concepts.com>