

## Immune Boosting Foods April 2026

### Ginger Soy Soup

(Adapted from More Peas Thank You)

1 tsp sesame oil  
2 Tbsp ginger, minced or grated  
2 or more cloves of garlic, minced or pressed  
8 oz of mushrooms, sliced or chopped  
8 cups vegetable broth, divided  
3 Tbsp cornstarch  
2 Tbsp Bragg Liquid Aminos or soy sauce  
1 large carrot, cut into matchsticks  
4 cups fresh spinach or baby greens, chopped  
14-16 oz firm or extra firm water pack tofu, cubed  
Wonton crisps, optional\*

Heat a large stockpot over medium heat. Add the sesame oil, ginger, garlic, and mushrooms. Stir until the mushrooms are cooked.

Add 7 cups of the veggie broth to the pot and bring to a boil and reduce heat to medium low. Whisk the cornstarch into the remaining cup of broth and then whisk this into the boiling broth. Simmer for 5 minutes.

Add the Liquid Aminos, carrots, spinach, and tofu. Simmer for an additional 5 minutes. Remove from the heat. Ladle into bowls and top with wonton crisps.

\*Wonton crisps can be found by the croutons in a grocery store. Alternatively, take wonton wrappers and cut them into strips. Place on a sprayed cookie sheet and bake @ 400 degrees for 4-5 minutes, turning halfway through. The strips are ready when they are browned and crisp.

### Mushroom Broccoli Stir Fry

(Adapted from Sam Turnbull)

Sticky Ginger Sauce-  
1 cup water  
¼ cup Bragg Liquid Aminos or soy sauce  
2 Tbsp lime juice  
2 Tbsp cornstarch  
2 Tbsp mince or grated fresh ginger  
4 garlic cloves, minced or pressed

Add the ingredients to a small saucepan. Whisk together until the cornstarch dissolves. Cook over medium heat until thickened. Remove from the heat and set aside.

Stir fry-  
1-2 Tbsp neutral oil or ¼ cup water and more as needed  
4 cups bite sized broccoli florets (12 oz)  
8 oz button or cremini mushrooms, quartered  
4 green onions, sliced  
2 tsp sesame seeds

In a large skillet or wok, heat the oil or water. Add the broccoli and mushrooms and stir fry until the broccoli is tender and the mushrooms are reduced in size. Pour the sauce over the veggies and add the green onions and sesame seeds. Serve over rice.

### Baked Crispy Tofu

1 14-16 oz block extra firm tofu, pressed  
1Tbsp neutral oil  
1 Tbsp Bragg Liquid Aminos or soy sauce  
3 Tbsp cornstarch

Move the oven rack to the very top. Preheat oven to 425 degrees. Line a cookie sheet with parchment. Cube the tofu and add to a bowl and toss with the remaining ingredients. Arrange on the sheet not touching and bake for 30 minutes, flipping halfway through.

### Cabbage Steaks

1 head of cabbage  
Oil for brushing  
Salt or other seasonings

Preheat oven to 400 degrees. Line a large baking sheet with parchment paper.

Slice the cabbage into ½-inch-thick rounds. Brush both sides with oil and sprinkle with salt or other seasonings. Bake 15-20 minutes, flip, and bake 15 minutes more. If you want them more browned, you can broil for 1-2 minutes. Serve as is or drizzle your favorite sauce or gravy, such as Sage Gravy.

### Sage Gravy

1 15 oz can white beans, drained (chickpeas, cannellini, navy, etc)  
1 Tbsp nutritional yeast flakes  
1 Tbsp onion powder  
2 tsp dried sage  
¼ tsp dried rosemary  
1 ½ tsp salt  
¼ cup cornstarch (5 TBS)  
4 cups water, divided

In a blender, place the beans, nutritional yeast, onion powder, sage, rosemary, salt, cornstarch, and one cup of the water. Blend until very smooth and pour into a saucepan. Rinse the blender with the remaining 3 cups of water and add to the saucepan. Heat over medium heat, stirring until thickened.

### Prebiotic Chocolate Chip Cookies

15 oz can chickpeas, drained and rinsed (1 ½ c)  
½ cup nut butter of choice  
1/3 cup oat flour  
¼ c granulated sugar of choice  
¼ liquid sweetener  
2 tsp vanilla  
¼ tsp cinnamon, cardamom, or coriander  
1 tsp nonaluminum baking powder  
¼ tsp salt  
2/3 c chocolate or carob chips

Preheat oven to 350 degrees. Line a large cookie sheet with parchment paper.

Add the chickpeas through salt to a food processor. Process until smooth. There might be a few bumps, but you don't want any big chunks of chickpeas left. Add the chocolate chips and pulse a few times to combine.

Use a cookie scoop and place dough on the prepared cookie sheet. You can top each cookie with a few extra chocolate chips if desired. Bake for 12-15 minutes. Cool on a cookie rack.

### Blueberry Kale Smoothie

1/2 cup blueberries, fresh or frozen  
1 cup kale, packed  
1 frozen banana  
1 cup nondairy milk  
½ cup silken tofu  
¼ tsp cardamom

Place the ingredients in a blender and blend smooth.