



luxfordnutrition

7 INGREDIENTS TO NOURISH THE IMMUNE SYSTEM

Bone Broth

Drink between meals or use as base for soups or grains

Garlic

Chop finely and roast with vegetables

Ginger

Soak in hot water for 10 minutes and drink as tea

Lemon

Drizzle over meat or grains before serving

Manuka Honey

Add to yogurt

Maitake Mushroom

Saute in your preferred fat

Turmeric

Add to smoothies

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FOOD FOR HEALTH

5 IMMUNE BOOSTING INGREDIENTS

Lemon Turmeric Rice Immune System

7 ingredients · 40 minutes · 4 servings



Directions

1. Combine the rice with the turmeric and sea salt in a pot. Stir in the chicken broth, garlic, ginger and half of the lemon juice.
2. Bring the rice to a boil then reduce heat to low and cover with a lid. Let the rice simmer for about 40 minutes or until the liquid is absorbed and the rice is tender.
3. Remove from the heat and stir in the remaining lemon juice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Stir chopped cilantro, parsley or lemon zest into the cooked rice.

Make it a Meal

Serve beside chicken or fish, add it to soups or salads.

Ingredients

- 1 cup Brown Rice (uncooked)
- 3/4 tsp Turmeric
- 1/2 tsp Sea Salt
- 2 cups Chicken Broth (or vegetable broth)
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 2 tbsps Lemon Juice (divided)