HEALTHY TIPS

Ginger-Garlic Soup Made With 52 Cloves of Garlic Can Defeat Colds, Flu and Even Norovirus

By bestfolkmedicine · 23/12/2018 · 2 min read



After you learn about this garlic soup, you will need no flu shot. Made with more than 50 garlic cloves, as well as other healthy ingredients such as thyme and lemon, this meal has the power to kill almost any virus which enters in the body.

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As a result, your risk of the flu, colds, and even the norovirus will drop. For a long period of time, garlic has been used for its significant healing properties, including the ability to fight off viruses. This is believed to

be a result of its component, i.e. allicin. Let us learn more about why garlic is such a potent and beneficial natural remedy.

Garlic: Why It Is so Good for Us?

A study done at the Washington State University discovered that this veggie is 100 times more powerful than 2 well-known antibiotics in treating bacteria that are causing foodborne diseases.

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When we crush garlic, the alliin transforms into allicin, a substance found to have the capacity to decrease the cholesterol and blood pressure. It can also avert blood clots and minimize your risk of atherosclerosis.

You can use it alleviate digestive troubles and diarrhea too. According to some findings, it may also be potent enough to avert the chance for cancer. Garlic is often used to strengthen the immunity.

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Garlic also possesses antioxidant characteristics.

DIY 52 Garlic Cloves Soup

For 4 servings, you will need:

26 unpeeled cloves of garlic

2 tbsp of olive oil

2 tbsp of butter

½ tsp of cayenne powder

½ cup of ginger powder

2 ¼ cups of onions, sliced

1 ½ tsp of thyme, fresh and chopped

26 garlic cloves, peeled

½ cup of coconut milk

3 ½ cups of veggie broth

4 wedges of lemon

Preparation: Preheat the oven to 350 degrees Fahrenheit and in a baking tray, put the 26 unpeeled garlic cloves and pour over the olive oil. Sprinkle sea salt too and cover the cloves with foil. Put them into the oven and roast for approximately 45 minutes, i.e. the cloves need to become tender and brownish. Take them out of the oven and leave them to cool down. Next, squeeze the cloves with your fingertips to release the cloves and put them in a bowl.

In a saucepan, melt the butter over medium heat and then add the thyme, onions, ginger, and cayenne and cook for 5 to 6 minutes. And the roasted garlic from the bowl and the other 26 garlic cloves. Cook for 3 more minutes. Now, you need to add the broth and cover the pan. Simmer until the garlic tenderizes, usually around 20 minutes.

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In several batches, blend the soup in a blender to get a smooth texture. Then, bring the pureed content back into the saucepan and add the coconut milk. Simmer for several minutes and then sprinkle salt and pepper. Serve while warm-remember to sprinkle a lemon wedge in each bowl. Enjoy!

Sources:

HEALTHY FOOD HOUSE

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