**Immune Boosting Chicken Soup and Butter Spread**

**Ingredients**

**Chicken Soup**

* 4 tablespoons of Challenge Butter
* 1 cup of Mirepoix Mix (diced carrots, onions and celery)
* 2 cups of skinless diced chicken breast or thighs
* 1 cup of mushrooms
* 2 cups of chopped kale
* 1 cup of diced red bell peppers
* Juice and zest from 1 lemon
* 2 tablespoons of diced fresh ginger
* 4 cloves of black or regular garlic
* 1-2 tablespoons of turmeric
* 4 cups of low sodium chicken broth

**Butter Spread**

* 1 stick of Challenge Butter, regular or European, softened
* 2 cloves of crushed garlic
* 1 tablespoon of turmeric
* Bread, muffins, crackers or biscuits to serve with butter

**Directions**

1. In a large soup pot over medium heat, add butter and mirepoix. Cook until veggies are softened, about 3-4 minutes.
2. Add the remaining ingredients to pan. Simmer over medium low heat until chicken is cooked through, about 20 minutes.
3. To create butter spread, combine butter, garlic and turmeric. Spread on bread to serve with soup. Store any extra butter spread in refrigerator.

Serves six