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FOODSERVICE TIPS & INSPIRATION  
HEALTHCARE EXCLUSIVE



**KEEP PATRONS HEALTHY AND  
HAPPY WITH HOT, DELICIOUS SOUPS**

As we get into the season of winter illnesses and look back on our second pandemic year, one thing we can control is the food we put into our bodies. We want warm, hearty foods that we can feel good about eating—foods with delicious flavors for our taste buds to enjoy and vitamins and nutrients to keep the rest of our bodies healthy.

Our culinary team created these two mouthwatering soups that deliver on all of this, plus feature ingredients that help boost immunity.

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### **BUTTERNUT SQUASH SOUP**

This comforting dish is easy to make and full of fresh, satisfying flavors and textures. A silky blend of butternut squash, carrots, apples, onions, ginger, and garlic surrounds delicious chicken for a healthy, hearty meal.

**Immunity-boosting ingredients:** Garlic, Ginger, Chicken

[Get the recipe!](#)



### **TOM KHA GAI**

Tom kha gai is a chicken coconut soup from northern Thailand known for its healthy ingredients and medicinal properties. The fresh, spicy taste of ginger contrasts with the creaminess of the coconut milk and creates a soup that tastes and smells wonderful.

**Immunity-boosting ingredients:** Ginger, Mushrooms, Chicken

[Get the recipe!](#)

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## How do the ingredients help boost your immunity?

### GINGER

Ginger has strong antioxidant and anti-inflammatory effects, which can boost immunity. It can soothe sore throats, relieve tension headaches, and help relax blood vessels and muscles.<sup>1</sup>

### GARLIC

Garlic contains alliin, which turns into sulfur compounds when you crush or chew it. Those compounds strengthen white blood cells to help your body fight off diseases.<sup>2</sup>

### MUSHROOMS

Mushrooms contain selenium, vitamin D, and vitamin B6. These vitamins and nutrients help your body make antioxidant enzymes, strengthen bones, boost immune function, and reduce inflammation.<sup>3</sup>

### CHICKEN

Chicken is naturally high in protein, low in calories, and rich in vitamins B6 and B12. These vitamins are key for energy production and brain health, and they help your body produce new red blood cells.<sup>4</sup>



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Source 1: The Indian Express. "Why consuming ginger is great for your immune system." 2021.

Source 2: Healthline. "How Garlic Fights Colds and the Flu." 2021

Source 3: Mushroom Council's "Immunity Kit." 2021.

Source 4: Healthline. "Is Chicken Healthy? Nutrition, Benefits, and Tips." 2020.