

## Vegetable Broth

A wonderful broth that will provide you with many healing nutrients and alkalize your system, making it easier to detoxify, lose weight, and feel great. The recipe can be varied according to taste. You can make this with the basic ingredients and/or any of the optional ingredients.

### Basic Ingredients

1 large onion, chopped  
2 carrots, sliced  
2 celery stalks coarsely chopped  
½ cup of sea weed: nori, dulse, wakame, kelp, or kombu  
2 cloves of whole garlic (not chopped or crushed)  
Sea salt, to taste

### Optional Ingredients

1 cup of daikon or white radish root  
1 cup of winter squash cut into large cubes  
1 cup of root vegetables: turnips, parsnips, and rutabagas for sweetness  
2 cups of chopped greens: kale, parsley, beet greens, collard greens, chard, dandelion, ½ cup of cabbage  
cilantro or parsley  
4 ½-inch slices of fresh ginger  
1 cup dried shitake or maitake mushrooms (If available; these contain powerful immune boosting properties.)

- Put all ingredients into a large pot
- Add enough water to cover by 2 inches.
- Place on a low boil for approximately 2 hours.
- Cool, strain (throw out the cooked vegetables), and store in a large, tightly-sealed glass container in the fridge.
- Simply heat gently and drink up to 3–4 cups a day or use as needed in recipes
- This will keep in the refrigerator for about 5 days or you can freeze it.