

Vegetable Broth

Adapted from DrHyman.com

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. Make it with the basic ingredients and add in any of the optional ingredients to taste.

Makes 2 quarts

Basic Ingredients

1 large leek, chopped
2 carrots, sliced
2 celery stalks coarsely chopped
1 cup zucchini cut into large cubes
1 cup root vegetables: turnips, parsnips, or rutabagas for sweetness
2 cups of chopped greens: kale, parsley, beet greens, collard greens, chard, dandelion
½ cup of cabbage, chopped
Handful of parsley
4 ½-inch slices of fresh ginger
2 cloves of whole garlic (not chopped or crushed)
Sea salt, to taste

Optional Ingredients

½ cup of sea weed: nori, dulse, wakame, kelp, or kombu
1 cup of daikon or white radish root
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 1 1/2 hours.
- Cool, strain (you can eat 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.