

Vegetable Broth

A wonderful broth that will provide you with many healing nutrients that 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.

You will see in the recipe that we use onion skin. Onion peels are high in flavonoids, including quercetin which is great for circulation and slows down histamine which is central to inflammatory reactions including allergies and sensitivities.

Note: For a really deep, rich flavor, roast your vegetables first.

Makes 3-4 quarts

Basic Ingredients

1 large onion, peels left on and quartered
2 -3 carrots, cut into chunks
3-4 celery stalks cut into chunks
2 cloves of unpeeled garlic (not chopped or crushed)
1" piece of ginger, sliced
A few sprigs of fresh thyme or rosemary or a few pinches of dried herbs
1 bay leaf
1 small bunch of parsley, (leftover stems are perfect here)
Celtic sea salt to taste

Optional Ingredient

Leek greens are really good, save from cooking leeks
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 (add the last half hour)

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, about 5 quarts
- Bring to a gentle boil and lower heat, simmer on low for 1½-2 hours.
- Cool, strain (throw out the cooked vegetables), and store in a large, tightly sealed glass container in the fridge.
- Use as needed in recipes.
- Keep in the refrigerator for about 5 days or you can freeze it.