

Magic Mineral Broth

Yield: 6 quarts

Prep time: 15 minutes

Total time: 2-3 hours

INGREDIENTS

carrots | 6, unpeeled, cut into thirds

yellow onions | 2 large, quartered

leek | 1, cut into thirds

celery | 1 bunch, cut into thirds

red potatoes | 4, unpeeled, quartered

sweet potatoes | 2, unpeeled, quartered

yam | 1, unpeeled, quartered

garlic | 5 cloves, halved

parsley | 12 bunches, flat leaf

kombu* | 2 Tablespoons

black peppercorns | 12

allspice or juniper berries | 4 whole

bay leaves | 2

filtered water | 6-8 quarts

salt | to taste

DIRECTIONS

1. Rinse all veggies well, including the kombu.
2. In a 12 quart or larger stockpot combine the carrots, onions, leek, celery, red potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves.
3. Add the water, cover, and bring to boil over high heat. Decrease heat to low and simmer, partially covered, for at least 2 hours, or until the rich richness of the vegetables can be tasted. As the broth simmers, some of the water will evaporate. Add more if the vegetables begin to peek out.



4. Strain the broth through a large course-mesh sieve. Discard the solids. Stir in the salt, adding more if desired. Let cool to room temperature before refrigerating or freezing. Store in fridge for up to 5 days or in the freezer for up to 6 months.

ABOUT THIS RECIPE:

**Gluten free, Dairy Free, Anti-Candida
Anti-Inflammatory, Vegetarian**

NOTES

- * Kombu can be purchased at Jessica's F.M.

Julie's Tip:

*"Use to drink for a warming snack; Use for **Golden Beet and Fennel Soup**; or portion out about 6 cups in a saucepan. Bring to a boil and add fresh onion, carrot, celery, and sweet potato. Simmer until veggies are soft. Turn off heat and use an immersion blender to blend until a creamy soup!"*

Recipe from Rebecca Katz – signature broth from *Clean Soups Cookbook*