

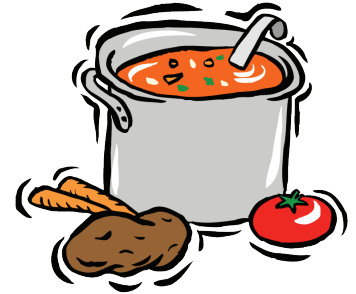
Magic Mineral Broth

Ingredients

Organic vegetables, with skins (do not peel)

Adjust quantity of veggies to the size of the pot or slow cooker

- sweet potatoes: 1-2
- potatoes, any kind: 1-2
- zucchini: 1-2
- cabbage: 1/2 head
- kale and/or chard : 1-2 cups
- carrots: 2-4
- celery: 2-4 stalks
- onion: 1 large, with skins



Organic Herbs:

- -parsley and or cilantro: 1/2 bunch
- -garlic: 1 or more cloves (skin too!)
- Can add other organic herbs as desired: oregano, thyme, dill, turmeric, curry mix, as desired
- Sea salt, black pepper-to taste

No need to have all these vegetables and herbs; use what you have; can vary amounts; can substitute with other vegetables as are available: collards, mustard greens, beets, spinach, green beans

Directions

1. Wash all vegetables and herbs; use a scrub brush as is appropriate.
2. Cut all the veggies up coarsely (keep the skins on) and place in a large pot or slow cooker.
3. Add spices.
4. Cover with filtered water and bring to a boil or turn slow cooker to low.
5. Turn down heat to just a simmer, cover and simmer 4-6 hours, stirring occasionally; cook overnight for slow cooker.
6. Cool, for about 1 hour.
7. Strain the broth; collect the liquid, discard or compost the vegetables.
8. Store the broth in freezable containers (try snap ware glassware)
9. Refrigerate enough for 2-3 days
10. Freeze the rest in usable portions- can use ice cube tray
 - Enjoy a cup or two of mineral broth in the morning instead of coffee or tea
 - Enjoy throughout the day as part of your water intake
 - Can take with you in a thermos or glass jar
 - Enjoy warm or at room temperature
 - Use to cook whole grains or beans
 - Use as a base for soups and stews

Check with your MDs before making any dietary changes

Nancy Birang BS, MT (ASCP), NC - Integrative Nutrition Consultant – nancybirang@gmail.com