



Alkaline Broth

In a stainless steel pot (no aluminum), place the following vegetables with 1-1/2 quarts of water:

2 potatoes	4 carrots
4 stalks of celery (with leaves)	2 leeks
2 onions (or more in the fall)	5 cloves garlic (optional)
2 beets	1 full head of Swiss chard (or another leafy green)

Do not peel, just clean well or soak

The smaller the chopping the more essence will be absorbed into the broth. (If you have a cuisine art this is incredible)

Use herbs such as cumin, paprika, cayenne, basil, oregano, and many others.

Cover and bring to a boil for about $\frac{1}{2}$ hour. Let stand for another $\frac{1}{2}$ hour. Strain through a colander and drink only the both. Compost away the veggies, as by this point there are no nutrients left.

