



## Healing Mineral Broth

*By Chef Lizette Marx and Dr. Ed Bauman, Flavors of Health*

### Ingredients

1 ½ pounds onions with skins, quartered  
 4 celery stalks with leaves, chopped  
 2 carrots, scrubbed and chopped  
 2 parsnips, scrubbed and chopped  
 ½ pound fresh shitake mushrooms  
 1 large red beet, peeled and chopped  
 2 ½ pounds winter squash or yams, chopped

1 small celery root, rutabaga, or turnip, chopped  
 1 2-inch piece dried kombu  
 ¼ cup dried wakame  
 1 pound fresh greens (spinach, kale, collards, chard) washed and chopped  
 ½ bunch fresh parsley  
 ½ cup flax seeds

### Procedure

1. Heat a heavy bottomed stock pot over medium heat and add the onions and celery. Add 2-3 tablespoons of water and cover pot so vegetable will release their own water content. This action is called sweating.
2. After about 5 minutes, remove lid, stir onions and celery, and add carrots, parsnips, and shitake mushrooms. Replace the lid again to continue sweating the vegetables. (5 min).
3. Add the beets, squash, celery root, kombu, and wakame. Cover with filtered water to a depth 2 inches above the vegetables and bring to a soft boil. Reduce heat and simmer, uncovered, 4 to 6 hours.
4. Add the fresh greens and parsley during the last hour of cooking.
5. During the last 20 minutes of cooking stir in the flax seeds.
6. When stock is finished, strain through a fine mesh strainer lined with cheesecloth into a large bowl. Press the solids to extract as much liquid as possible.
7. Place bowl of hot stock in an ice bath to cool.
8. Store cooled stock in canning jars for up to 1 week in the refrigerator. If freezing stock, leave 2 inches of head room at top of canning jar.

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