

Vegetarian Mineral Broth

This immunity-boosting vegetable broth is delicious on its own (really!) or as the liquid base in soups, whole grains, congee, or dried beans. You can also add in the herbal combinations noted below -- whether cooking in the broth itself, or mixing the herbal tea into the broth later on. If you choose to add the herbs right into the broth, add them after the broth has been simmering for an hour or longer, no more than 1 hour before the broth will be done.

½ bunch celery, cut into thirds
1 leek, most of green part trimmed, in thirds
4 carrots, in quarters
2 red potatoes, quartered
2 sweet potatoes, Japanese sweet potatoes, and/or yams, quartered
1 large unpeeled yellow onion, quartered
5 unpeeled garlic cloves, halved
1 bunch flat-leaf parsley or cilantro (or use half a bunch of each)
1 piece kombu (6")
8 black peppercorns
4 whole allspice berries
1-2 bay leaves
6 quarts filtered water, or enough to cover vegetables and fill pot
½-1 tsp salt, or more, to taste

- Rinse vegetables and leave them all unpeeled.
- Combine everything, except the salt, in an 8-12 quart stockpot. Bring to a boil. Turn down the heat to low and simmer, partially covered, for 2-3 hours.
- Strain the broth and toss the solids. Add salt to taste.
- Let the broth cool to room temperature before refrigerating or freezing.
- Store in the fridge for 1 week or in the freezer for up to 6 months.

Optional vegetable / herbal additions

Add in one or more to the base recipe, choosing based on your current health concerns.

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| → 1-2 8" pieces of burdock root, in quarters | to cleanse the liver + blood |
| → 10 dried shiitake and / or maitake mushrooms | to strengthen essence + immune system |
| → 1 unpeeled 4" piece fresh ginger, quartered | for cold/flu season, + to stop nausea |
| → 1-3 unpeeled 2-3" pieces of fresh turmeric | to decrease inflammation + any/all types pain |
| → 5-10 pieces astragalus | for fatigue, low immunity, + illness recovery |
| → 10 pieces shan yao (dried Chinese yam) | for fatigue, weak digestion, + chronic cough |
| → 2 tbsp goji berries | to improve eyesight + energy, + slow aging |