

You can actually enhance the flavor and nutrition, as well as, promote gut healing, of many dishes by swapping that water out for broth — chicken, beef, or vegetable.

So, the next time your making quinoa, couscous, rice, beans, pasta, and potatoes swap out plain water with a delicious and nutritious broth.

The possibilities are endless, also consider using broth to sauté greens, Brussel sprouts, stir fried vegetables and in soups and stews, sauces etc.

Healing and Nutritious Broth

INGREDIENTS

- 12 cups / 2 ¾ litres filtered water
- 1 tbsp coconut oil , or extra-virgin olive oil
- 1 red onion, quartered (with skins)
- 1 garlic bulb, smashed
- 1 thumb-sized piece of ginger, roughly chopped (with skin)
- 1 cup greens, such as kale, beet or spinach
- 3-4 cup mixed chopped vegetables and peelings, (carrot peelings, red cabbage, fresh mushrooms, leeks, zucchini and celery)
- ½ cup dried shiitake mushrooms
- 30 g dried wakame seaweed
- 1/4 cup - Herbal Broth Blend by Herbs from the Heart (burdock, astragalus, nettle, chaga, holy basil, reishi, ginger, lemon, pepper, chile flakes)
- 1 tbsp coconut aminos
- (optional) ¼ cup nutritional yeast flakes, for extra flavour and vitamins



INSTRUCTIONS 1. Simply add everything to a large pot. Bring to a boil then simmer, with the lid on, for about 1-2 hours. 2. Once everything has been cooked down, strain the liquid into a large bowl. 3. Serve immediately or freeze in containers or ice cube trays for later use in soups, stews, rice, quinoa, couscous, potatoes, stir fries etc.