



MINERAL BROTH

Rich in minerals and helps to cleanse the intestines and the blood and alkalize the body.

This broth is delicious either hot or cold. It can be used to make soup or you can simply use it as a mineral-rich drink. If you get hungry between meals, drink this to carry you over to your next meal. Enjoy at room temperature or warmed up with a pinch of Himalayan or grey sea salt.

Yield: 5 – 7 Litres

Ingredients:

7 carrots, including tops
7 celery stalks, including tops or 1 celery root
Beet tops from 1 bunch
2 potatoes
1 onion
2 cloves garlic
1 beet
1 green zucchini
1 handful parsley
1 stick kombu (seaweed) - optional
1 or 2 bay leaves

Instructions:

1. Wash and chop all the vegetables and place them in a very large soup pot. Cover the vegetables with purified water.
2. Bring the water to a boil and then turn the heat down to a simmer.
3. Simmer covered for 1 hour, until the vegetables are discoloured or cook in a crock pot on low for 8 hours or over night.
4. Turn off the heat and allow the broth to sit, covered, for at least another 60 minutes.
5. Strain through a colander and then through a fine strainer if you wish.
6. Compost the remains.
7. Keep the broth in glass jars in the fridge for up to 5 days or store in the freezer. If storing in the freezer, be sure to only fill the jars three-quarters of the way as the liquid will expand when it freezes. If the jar is filled to the top, it will crack.

Mineral Broth is one of the staples I have used for years to help get me through difficult, stressful, or busy periods of time. The one thing the body needs during times of increased stress, less-than-perfect eating habits, and lack of sleep is increased nutrients. The body needs nutrients to properly digest the food we eat. Stress can further impair digestion, so making sure we are consuming nutrients in a very easily digested form is important at all times but particularly during times of increased stress. Mineral Broth is perfect for this type of situation as it is rich in minerals in a natural, and therefore, very usable form, plus it helps to increase daily water consumption, which increases energy.

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