

Immune Broth

Add 1-2 soup bones if desired

- 3 unpeeled carrots with green tops if possible, cut in thirds
- 1 medium unpeeled onion, cut in chunks
- 4 ribs celery, cut in thirds
- 2 cloves garlic, unpeeled
- 1 cup packed parsley
- 2 red potatoes, quartered
- 1 large yam or sweet potato, cut in chunks (I do not use potatoes generally to keep glycemic index lower)
- 3" piece of kombu seaweed (discard after use)
- 1 bay leaf
- 6 black peppercorns
- 2 allspice or juniper berries Can substitute star anise for allspice or juniper berries

Tips

*Add 1 Tablespoon Applecider vinegar during cooking

*Can cook in a crockpot overnight

Optional Herbs

- ½ ounce (15 grams) dried sliced reishi mushrooms (a small handful)
- 1 ounce (30 grams) dried codonopsis root (about ¼ cup)
- 1 ounce (30 grams) astragalus root slices (a handful)

Can substitute Shitake Mushrooms for the Optional herbs; they are easier to find and keep on hand. Avoid mushrooms if candida is present.

1. Wash all vegetables well, but don't peel.
2. Place all the ingredients in a large soup pot. Cover with 4 or 4½ quarts of water and bring to a boil.
3. Reduce the heat to low, partially cover, and simmer for two hours and up to four, adding more water if needed.
4. Let the broth cool, then strain the stock with a fine mesh strainer.
5. Package the broth in containers and store in the refrigerator or freezer.

***FOR BONE BROTH, COOK 24 TO 48 HOURS**

HINT: Pour broth into ice cube trays and pop out/add when cooking anything

Makes about 3 quarts

Adapted from Molly Katz's "Magical Mineral Broth" and Christina Marino's "Cancer Survivor Cookbook"

This recipe is adapted from Rebecca Katz's recipe for Magic Mineral Broth in her cookbook, *One Bowl at a Time: Nourishing Recipes for Cancer Survivors and their Caregivers*