

Bone-less Broth

LIQUID BASE: 10-12 cups

Purified Water

BASE VEGGIES: 3-4 cups roughly chopped

Carrot

Onion

Celery

Pepper

Leek

LEAFY GREENS: 1 bunch

Kale

Spinach

Chard

Watercress

MUSHROOMS: 4-6 oz fresh; 1-2 oz dried

Crimini

Wild Blend

Shiitake

SEA VEGETABLES: 1/4 cup

Kombu

Wakame

HERBS + SPICES

Parsley

Turmeric

Bay Leaves

Ginger

Peppercorns

OPTIONAL ADD-INS: 2-4 Tbsp

Coconut Aminos

Lemon Juice

Saute, then simmer 3-4 hours + stir in extras.