

Sample Bone-less Broth Recipe

INGREDIENTS

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| 2 large carrots, roughly chopped | 3" peeled fresh ginger |
| 2 celery stalks, roughly chopped | 1" peeled fresh turmeric |
| 1 red bell pepper, seeded + roughly chopped | 4 peeled garlic cloves |
| 1 leek, white part roughly chopped | 1 hot pepper, seeds optional |
| 3-4 leaves of chard or kale, roughly chopped | 1oz dried wild mushrooms, rehydrated |
| 1 red onion, roughly chopped | 1/4 c. dried wake, rehydrated |
| 1/2 bunch spinach | 4" strip kombu |
| 1 handful fresh shiitake mushrooms | 8 peppercorns |
| 1 handful fresh crimini mushrooms | 2 Tbsp. extra virgin olive oil |
| 1 handful fresh Italian parsley | 10-12 cups water |

DIRECTIONS

1. Add olive oil to a large stock pot or Dutch oven and turn up to medium heat.
2. After oil heats up, add veggies and stir for 1-2 minutes.
3. Add the water and bring to a boil.
4. Cover and simmer for 3-4 hours, adding more water if necessary.
5. Strain well.

NOTES

Store in the fridge for a few days or freeze for later use.

Tip: Pour into an ice cube tray + pop out cubes to add a splash of broth to dishes.