

## **Magic Mineral Broth™**

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This is my Rosetta stone of soup, a broth that can be transformed to meet a myriad nutritional needs, serving as everything from a delicious sipping tea to the powerful base for more hearty soups and stews. So no matter what a person's appetite, it can provide a tremendous nutritional boost. This rejuvenating liquid, chock-full of magnesium, potassium, and sodium, allows the body to refresh and restore itself. I think of it as a tonic, designed to keep you in tip-top shape.

### **Ingredients**

Makes 6 quarts

- 6 unpeeled carrots, cut into thirds
- 2 unpeeled yellow onions, cut into chunks
- 1 leek, white and green parts, cut into thirds
- 1 bunch celery, including the heart, cut into thirds
- 4 unpeeled red potatoes, quartered
- 2 unpeeled Japanese or regular sweet potatoes, quartered
- 1 unpeeled garnet yam, quartered
- 5 unpeeled cloves garlic, halved
- 1/2 bunch fresh flat-leaf parsley
- 1 (8-inch) strip of kombu\*
- 12 black peppercorns
- 4 whole allspice or juniper berries
- 2 bay leaves
- 8 quarts cold, filtered water
- 1 teaspoon sea salt

\*Kombu is a mineral-rich seaweed (in the kelp family) that adds an umami or savory flavor to stocks and broths. Kombu is usually found in the Asian section of a grocery store near the nori (seaweed sheets) that are used for sushi. Store dried Kombu in a cool dark area in your pantry. You can also order it here.

### **Preparations**

Rinse all of the vegetables well, including the kombu. In a 12-quart or larger

stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.

Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste.

Let cool to room temperature before refrigerating or freezing.

Prep Time: 10 minutes

Cook Time: 2 to 4 hours

Storage: Store in an airtight container in the refrigerator for 5 to 7 days or in the freezer for 4 months.

Per Serving: Calories: 45; Total Fat: 0 g (0 g saturated, 0 g monounsaturated);

Carbohydrates: 11 g; Protein: 1 g; Fiber: 2 g; Sodium: 140 mg