

Mineral Rich Vegetable Broth

Assorted vegetables and herbs coarsely chopped

Can include Parsely, Kale, Collards, Celery, Carrots, Yams, Potatoes, Kombu (or any other seaweed), Cabbage, Bay leaves, Any fresh herbs from the garden.

In a large stock pot, crock pot, or instapot - place chopped veggies and herbs. Cover with water, Simmer for about 2 hours (longer in the crockpot). Vegetables should begin to lose their shape and the water should turn into a rich flavorful broth.

Strain well and store in glass jars for up to a week in the fridge.

Bone Broth

2 pound chicken bones (organic backs have the most marrow)

2 qts spring water (or enough to cover)

1-2 tsp salt to taste

1 tsp tumeric

1 tsp cumin seeds

1 T apple cider vinegar

Pressure cooker/instapot - Combine all ingredients, cover, and cook under pressure for about 60 min, then let pressure release. Bones should dissolve between your fingers. Strain really well through fine sieve. Refrigerate in glass jars for up to one week.

Stove top or crock pot - Combine ingredients, cover with water, cook overnight until bones dissolve between fingers. Strain through a fine sieve and refrigerate in glass jars for up to one week.