

# LOVE THY CARROT

*real food made with love*

...

## NOURISHING VEGETABLE BROTH

---

This recipe makes 6 servings.

### INGREDIENTS

14 cups water  
1 tbsp coconut oil or extra-virgin olive oil  
1 red onion, quartered (with skins)  
4 cloves garlic, smashed  
1 2-inch piece of ginger, smashed  
1 cup greens, such as kale or spinach  
3 medium carrots, chopped  
3 stalks celery, chopped  
4 cremini mushrooms  
1/2 cup dried shiitake mushrooms  
1 sheet kombu  
1 tbsp whole peppercorns  
1 - 2 tsp ground turmeric  
1 tbsp coconut aminos or white miso paste  
1 tbsp soy sauce, (low sodium)

### DIRECTIONS

1. In a large stockpot add all the ingredients. Bring to a boil and then reduce to a simmer. Cover the pot and let simmer for about 1 1/2 hours or until the veggies are very soft.
2. Once vegetables are soft, allow broth to cool. Then using a strainer or colander strain broth over another large pot or bowl. Discard all the vegetables.
3. Let stock cool before storing in the fridge or freezer.

### COOKS NOTES

I like to use organic or locally grown vegetables when available.  
Discard the cooked vegetables after cooking.  
Can be stored in the fridge for up to a week or in the freezer for 3 months.  
You can find coconut aminos in most health food store, however you could use a spoonful of miso paste in place of the aminos.