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Magic Mineral Broth

Ingredients (Makes 6 – 7 quarts)

- 6 unpeeled carrots with half the green tops, cut into thirds
- 2 unpeeled medium yellow onions, cut into chunks
- 1 leek, both white and green parts, cut into thirds
- 1 bunch of celery, including the heart, cut into thirds
- 4 unpeeled cloves garlic, halved
- ½ bunch fresh flat-leaf parsley
- 4 medium red potatoes with skins on, quartered
- 3 yams or sweet potatoes with skins on, quartered
- 1 tbsp sea salt
- 1 – 2 piece dried Eden Food kombu
- 2 bay leaves
- 12 peppercorns
- 4 whole allspice or juniper berries

Preparation:

1. In a 12 quart or larger stock pot, combine all the ingredients. Fill the pot to 2 inches below the rim with water, cover, and bring to a boil.
2. Remove the lid, decrease the heat to low, and simmer a minimum of 2 hours. As the stock simmers some of the water may cook off, more water can be added if the vegetables start to stick out. Simmer until the full richness of the vegetables can be tasted.
3. Strain the stock. It is ready to use as a base for a soup or stew, or can be drank as it is.
4. Stock can be stored in the refrigerator or freezer in smaller containers for later use. Remember to bring to room temperature before storing.