

Immune Broth

- 3 unpeeled carrots with green tops if possible, cut in thirds
- 1 medium unpeeled onion, cut in chunks
- 4 ribs celery, cut in thirds
- 2 cloves garlic, unpeeled
- 1 cup packed parsley
- 2 red potatoes, quartered
- 1 large yam or sweet potato, cut in chunks
- 3" piece of kombu seaweed (discard after use)
- 1 bay leaf
- 6 black peppercorns
- 2 allspice or juniper berries

Optional Herbs

- ½ ounce (15 grams) dried sliced reishi mushrooms (a small handful)
- 1 ounce (30 grams) dried codonopsis root (about ¼ cup)
- 1 ounce (30 grams) astragalus root slices (a handful)

1. Wash all vegetables well, but don't peel.
2. Place all the ingredients in a large soup pot. Cover with 4 or 4½ quarts of water and bring to a boil.
3. Reduce the heat to low, partially cover, and simmer for at least two hours and up to four, adding more water if needed.
4. Let the broth cool, then strain the stock with a fine mesh strainer.
5. Package the broth in containers and store in the refrigerator or freezer.

Makes about 3 quarts

Tips

- See the Resource Guide for mail order sources of high quality organic herbs.
- Immune Broth and Chicken Bone Broth will keep for one week in your refrigerator or up to two months if frozen in an air-tight container.

This recipe is adapted from Rebecca Katz's recipe for Magic Mineral Broth in her cookbook, *One Bite at a Time: Nourishing Recipes for Cancer Survivors and their Caregivers*.