



## Magic Mineral Broth

By Rebecca Katz

Credits: One Bite at a Time

This pot of yum is high in potassium and numerous trace minerals that are often depleted in our daily life. Sipping this nutrient-rich stock is like giving your body an internal spa treatment. Drink it like tea, or use it as a base for all of your favorite soups and rice dishes. Don't be daunted by the ingredient list. Simply chop the ingredients in chunks and throw them in the pot, roots, skins, and all.

6 -7 cups

**Prep Time:** 15 minutes

**Cook Time:** 2 hours

**Storage:** Magic Mineral Broth will hold in the refrigerator for 5 days or it can be frozen for up to 2 months.

**Type of Dish:** Soup

### Ingredients

- 6 carrots, unpeeled
- 2 medium yellow onions, unpeeled, cut into chunks
- 1 leek, white and green parts, cut into thirds
- 1 bunch celery, including the hearts, cut into thirds
- 5 unpeeled garlic cloves
- 1/2 bunch parsley
- 4 medium red potatoes, quartered
- 2 sweet potatoes, quartered
- 1 garnet yam, quartered
- 1 8-inch strip kombu
- 2 bay leaves
- 12 black peppercorn
- 4 whole allspice or juniper berries
- 1 tablespoon salt

### Instructions

Rinse all the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine all the ingredients except the salt. Fill the pot to 2-inches below the rim with water, cover, and bring to a boil.

Remove the lid, decrease the heat to low, and simmer a minimum of 2 hours. As the stock 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. Add the salt and stir.

Strain the stock using a large coarse-mesh strainer (remember to use a heat-resistant container underneath). Bring to room temperature before refrigerating or freezing.