



Immune Boosting Veggie Broth

1 large onion
6 cloves of garlic
1 pound of mushrooms (any kind) - or 1 handful of dried mushrooms
1 inch of ginger (or 1 tsp ground)
2 pieces of fresh turmeric (or 1 tsp ground)
3 carrots
3 stems of celery
Cilantro or Parsley Stems
8 cups water
2 tsp salt
1 tsp ground black pepper

Peel and cut all of the vegetables into bite-sized pieces. You can leave the ginger and turmeric in large pieces and pull them out at the end. For easy removal, you can tie the herbs in a cheesecloth bag with twine. Add all ingredients to a soup pot. Simmer for at least 45 minutes. Taste for seasoning. Broth can be enjoyed alone or used as the base for other soups. I like to add a bunch of sliced kale or swiss chard to the pot for about 5 minutes and squeeze a bit of lemon or lime right before serving.

Tip: I keep a container in the freezer and add vegetable scraps for vegetable soup or broth. I keep herb stems and smaller pieces of vegetables so they do not go to waste. Feel free to add any leftover vegetables to the pot.