

Flush The Fat Away Veggie Broth Recipe

Prep Time: 45 Minutes

Equipment: 4 Bowls, etc.

Ingredients:

1 Large Onion

3 Carrot

2 Medium Cloves of Garlic

1 Large Bunch of Kale

and/or Spinach

1 Broccoli

2 Sweet Potato

1 Peppers/Capsicum

Assortment of Fresh Herbs - To your taste

3 Parsnips

1/2 Cabbage

1 Large Bunch Silver Beet

Method:

1. Fill the bottom of a large pot with onions, garlic. Add just enough water to cover the garlic and onions and boil for 10 – 15 minutes. (Do not add any oil to the pot.)
2. Chop up all your vegetables. You can also use any other green leafy vegetables that are in season.
*Note: Do not use potatoes.
3. Fill the pot approximately $\frac{1}{3}$ full with chopped vegetables.
4. Fill the pot approximately $\frac{1}{2}$ full with water. Bring to a simmer – do not boil.
5. Cover and let simmer for 4-6 hours, adding water every hour or so to keep the water level between $\frac{1}{2}$ - $\frac{3}{4}$ full. A great way to do this without having to watch it close for the full simmer time, is to use a crock pot.
6. Strain broth and serve with your choice of healthy salt, like himalayan salt crystals, turmeric, cayenne pepper and ginger.
7. Store the remainder in a glass container in the refrigerator. Heat, serve, and enjoy whenever you want broth.