

BELLY BURN BROTH



Ingredients

1 gallon water
1 full bulb garlic, peel only outermost layer, halved
1 bunch cilantro
1 bunch parsley
1 bunch kale
1 yellow onion, halved
4 beets, unpeeled, halved
5 stalks celery, coarsely chopped
5 carrots, unpeeled, coarsely chopped
1 red potato, unpeeled, halved
1 cup shiitake mushrooms
1 cup Brussels sprouts, peel outermost layer, halved
1 red apple, unpeeled, seeded
1 teaspoon ground turmeric
1 teaspoon cayenne pepper
1 teaspoon sea salt or
Himalayan crystal salt

Directions

Add the 1-gallon of water to a large stockpot. Add all of the vegetables, herbs and the apple to the same stockpot and bring to a boil for about 20 minutes. Reduce to a simmer for about two hours.

Allow to cool. Strain broth and discard the vegetables, herbs and fruit. Add the seasoning and serve or refrigerate in glass containers.