

## Veggie Broth as seen in Everyday Ayurveda

**Ingredients:**

- 4 quarts filtered water
- 2 carrots or a bunch of ends
- 1 onion, or several tops and bottoms
- 3 stalks of celery
- 2 cloves of garlic
- Parsley stems
- Cabbage Core
- Cauliflower Core
- Kale or Collard Stems
- Turmeric 1”
- Garlic 1-3 cloves to taste
- Black Pepper to taste
- Celtic Salt to taste

**Equipment:**

- 6-8 Quart Stock pot with lid
- Knife
- Cutting Board
- Fine Mesh filter
- Canning Funnel
  - Marker
  - Label
- 3-4 Quart Canning jars with lids

**Instructions:**

1. Trim any rotten or old bits off all the vegetables and stems and ends. **Dispose of these. No rotten or moldy veggies in the stock.**
2. Chop all the good bits coarsely
3. Add chopped veggies and spices to your stock pot.
4. Cover with water about 4 quarts.
5. Bring to a boil for 20 minutes
6. Turn down to simmer.

7. Simmer several hours on low partially covered.
8. Filter into clean quart mason jars
9. Cover, label and cool.
10. Refrigerate and store in refrigerator.
11. Use within 10 days.