

Bear River Chiropractic * (530) 268-2288 * [www.bearriverchiropractic](http://www.bearriverchiropractic.com)
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VEGETABLE BROTH

SERVING SIZE: make approximately 2 quarts broth

INGREDIENTS:

1 tablespoon olive oil
2 onions, coarsely chopped
1 leek, sliced
1 bunch celery, sliced
1 bunch carrots, tops removed and sliced
6 cloves garlic, coarsely chopped
1 small knob fresh ginger, peeled and coarsely chopped (optional)
1 small knob fresh turmeric, peeled and coarsely chopped (optional)
6 – 8 cups water
1 small cabbage, coarsely chopped
1 bunch parsley, coarsely chopped
½ bunch thyme
1 bay leaf

INSTRUCTIONS:

In a large pot, heat the olive oil on medium-high heat, add the onions, and leeks and cook until soft and tender, about 2 minutes. Add the celery and carrots and cook until slightly softened, about 3 minutes. Add the garlic, ginger and turmeric (if using) and cook until fragrant, about 1 minute. Add a little water and scrape up the brown bits on the bottom of the pot. Add the rest of the water and the cabbage, parsley, thyme and bay leaf (add more water if you have more vegetables).

Lower the heat and simmer for 45 minutes to an hour. The longer that you cook it the more flavor that you will have.

Strain, let cool and pour into freezer bags, sealable glass jar or reusable container and freeze for later use. The broth can be stored up to several months in the freezer and about a week in the fridge.

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