



Debbie Romano

708-267-1413

eMail: FHHHealthyHeartbeats@gmail.com

## **BEYOND FRESH VEGGIE BROTH**

Start with a brown paper bag. Cut about six inches off the top. Layer the bottom of the bag with a few sheets of paper towels.

The bag is now the keeper of all of your ends, clippings, stems, and peelings from the veggies you have eaten all week! These veggies can change week by week, season by season, or harvest by harvest. For example, they may include: Celery; Cucumber; Carrot; Bell Pepper; Spinach; Broccoli; Kale; Onion; Garlic; Squash; Zucchini; Tomato; Bok Choy; Napa, Red, and Green Cabbage.

\*Note: Be careful not to use veggies with heat or strong flavor, such as jalapeno peppers and radish leaves.

### **Items Needed**

Scissors; a few sheets of paper towels; stock pot; large spoon; ladle; colander; large bowl; potato masher; plastic bag; strainer; pan; glass container(s)

### **Instructions**

Place the contents of the brown paper bag into a large stock pot up to  $\frac{3}{4}$  of the way to the top. Fill with water, covering the veggies up to approximately two inches from the top. Cover and bring to a boil. Turn down to low and continue cooking for about two hours. Stir occasionally. The veggies need to be extremely soft and mushy. When fully cooked, leave on the stove to cool. Once cooled, the fun begins.

## **BEYOND FRESH VEGGIE BROTH (CONT'D)**

Place a colander over a large bowl in the sink. Using a ladle, scoop two to three spoonfuls into the colander. Use the potato masher so that the liquid strains through the colander into the bowl. Transfer the contents (pulp) of the colander into a plastic bag. Continue the mashing process until there is a good amount of liquid in the bowl.

Take the bowl of liquid and strain it into a pan. Place the contents of the strainer into the plastic bag.

Continue this process until everything has been mashed/strained through the colander. If there is liquid left after everything has been mashed/strained, pour into the colander. Discard the plastic bag when finished.

Transfer clear broth from pan into glass containers.

The broth will last approximately one week in the refrigerator.

**ENJOY AND FEEL THE HEALTH!**