

Healing Broth



health & fitness
fridays

Ingredients

2 Leeks
2 Onions (Red and Yellow)
2 cloves of Garlic
1 bunch Celery (stalks and tops)
4 Carrots
1 Sweet Potato or Yam
2 Red Potatoes
1 bunch Swiss Chard (stalk and leaves)
1 bunch Kale
A generous amount of spinach
Anything fresh and green
Sea salt to taste
Fresh or dried herbs to taste: oregano, basil, sage, thyme, or rosemary

Directions

1. Sauté leeks, onion, garlic, and celery in a little extra virgin olive oil. Add carrots, sweet potato/yam, red potatoes and cover with a generous amount of pure water.
2. Bring to a gentle boil. Add Swiss chard, kale, spinach, and greens. Add fresh herbs.
3. Simmer for about two hours. Let cool, then strain out the vegetables.
4. Serve at a desired temperature. Sip and enjoy!

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