

# Immune Broth

For over 20 years, Avena Botanicals has been offering this blend of nourishing herbs and mushrooms to deeply support immune function, improve overall energy levels, and help the body adapt to stress.\* Many people use this broth from Fall through Spring in their daily soups and cooking. Others find it beneficial to use year-round.

Following are instructions for producing a 6 ½ week supply.

## **DRIED INGREDIENTS INCLUDED IN IMMUNE BROTH PACKAGE:**

- Organic Astragalus root (*Astragalus membranaceus*)
- Organic Eleuthero root (*Eleutherococcus senticosis*)
- Organic Burdock root (*Arctium lappa*)
- Organic Reishi mushroom (*Ganoderma lucidum*)
- Organic Shiitake mushroom (*Lentinula edodes*)

## **SUPPLIES YOU WILL NEED:**

- Water
- Large stainless steel cooking pot with lid or crock-pot
- Strainer or cheese cloth
- Large bowl, jar, or other container to collect finished broth
- Ice cube trays (2-4 is enough, since freezing can be done in batches)
  
- *Optional-* Leg or thigh bones with marrow from organic turkey, chicken, pig, lamb or beef  
(Bone marrow is deeply nourishing and the place where immune cells are produced)
- *Optional-* Organic carrots, celery, and other vegetables for flavor

## **INSTRUCTIONS FOR PREPARATION:**

- Place ingredients of Immune Broth package, 13 cups of water and optional bones into cooking pot.
- Cook on very low heat, covered for 4 hours.
- Add additional water to cover ingredients if necessary and simmer another 4 hours, covered.
- Add optional vegetables at start of last hour to enhance flavor.
- Finished product should yield about 6 cups. Water can be added at the end if needed to make 6 cups.
- Remove from heat and cool completely. Carefully strain broth through a cheesecloth or strainer, pressing out all broth.
- To remove fat from broth, refrigerate and skim fat that collects at top of pot.
- Pour broth into ice cube trays and freeze. This may be done in batches, 2-4 trays at a time, keeping remaining broth in refrigerator up to 2 days while you prepare frozen cubes.
- This recipe yields about 4 trays of ice cubes with 14 cubes per tray. Ice cubes can be stored together in a freezer-safe container until use.
- Melt one or two ice cubes per day in miso or broth and drink warm or add to soup, rice or other dishes. South River Miso is our favorite source for their high quality organic products. For more information about South River Miso, visit [www.southernrivermiso.com](http://www.southernrivermiso.com).

**IF YOU DO NOT PREPARE YOUR BROTH IMMEDIATELY, WE RECOMMEND FREEZING YOUR BAG OF HERBS.**

\*Please consult your doctor before using herbs with conventional drugs. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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