



Bone Broth with Peelings

Gather approximately 1 gallon of vegetable peelings (this can include: onion skins, leeks, insides of squashes with seeds, bottom stems of herbs, garlic peelings, stems of washed mushrooms, any sad vegetables from refrigerator, etc!)

To make this a PHO broth add 1 inch piece of ginger sliced, 1 cinnamon stick, 3-5 star anise pods, 2 cardamom pods.

2 Sweet Potatoes or 1 Small
Squash
1 Bulb Garlic Halved
1/2 Bunch Flat-leaf Parsley (fresh
or frozen)
1 8-inch Strip of Kombu
12 Black Peppercorns
1/2 cup Dried Shiitake Mushrooms
(1 Slice Dried Reishi Mushroom

2 Pieces of Astragalus Root
Couple of Sprigs of Thyme
2 tablespoons Apple Cider Vinegar
with Mother*
2 Bay Leaves
8 Quarts Cold, Filtered Water
1-4 pounds Chicken Bones and
(clean) Feet
1 teaspoon Sea Salt

Directions: Rinse all of the vegetables (including the kombu) well.

In a 12-quart or larger stock pot, combine all ingredients.

Fill the pot with the water to 2 inches below the rim, cover, and bring to a simmer

Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 4 hours (if you can go as long as 12 and even 24 hours that's even better!)

As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out.

Simmer until the full richness of the vegetables & bones can be tasted.

Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath) Add salt to taste.

Let your broth cool to room temperature before refrigerating or freezing.





How to use your Immunity Broth Kit

This kit is easy to add a little immune boost to your homemade broth.

For every 6 quarts of broth add a few slices of astragalus and reishi, a few bay leaves, and a teaspoon or so of the herb mix at the bottom of the bag.

this will give your broth a herbal boost.
strain before using.

Other ways to use the contents of this kit.
Add to soups and stews as a bouquet garni in a little muslin bag. Or toss a few of the reishi or astragalus strips into rice while it's cooking.

Strain it out and use broth as needed.

