



IMMUNITY BROTH

Doshic Effect: Vata ↓, Pitta ↑*, Kapha ↓

Makes: 12 cups

Prep Time: 20 minutes initial prep; 10 minutes after cooking process

Cook Time: 8 to 12 hours (low heat - recommended); 4 to 6 hours (high heat)

*This recipe is overall heating, however, during times of illness Pitta types can still benefit as the heat helps to boost the digestion, kill off microbes, promote sweating, alleviate fever, and detoxify the system.

INGREDIENTS

- 12 cups water
- 2 medium carrots, coarsely chopped
- 3 cups coarsely chopped celery
- 1 small to medium onion, peeled and coarsely chopped
- 2 serrano peppers, coarsely chopped (use 1/2 to 1 pepper for spice sensitivity)
- 5 to 6 large garlic cloves, peeled and coarsely chopped
- 1/3 cup finely chopped fresh ginger
- 2" to 3" cube fresh turmeric (substitute with 1 teaspoon of turmeric powder or 1 tablespoon Agni Churna)
- 1 tablespoon fennel seeds, whole
- 1 tablespoon coriander seeds, whole
- 1 tablespoon cumin seeds, whole
- 1/2 teaspoon freshly ground black pepper
- 2 to 4 tablespoons olive oil
- 1 teaspoon salt, divided
- 1 tablespoon apple cider vinegar
- 2 lemons, freshly juiced

DIRECTIONS

1. Fill your crock pot with water, making sure it does not fill past 2 to 3 inches from the top.* Place the temperature on a low setting if you are cooking for 8 or more hours and a high setting if you are cooking for 4 to 6 hours.

*If 12 cups of water does not fit into your crock pot comfortably, fill the pot until the water is 2 to 3 inches below the top and adjust the ingredient amounts as needed.

2. Coarsely chop the carrots, celery, onion, serrano pepper, and garlic. Add them to the pot.

3. Finely chop the ginger and turmeric (if using fresh). Add them to the pot.
4. Add the turmeric powder or Agni Churna (if using fresh turmeric is not available), fennel, coriander, cumin, $\frac{3}{4}$ teaspoon of salt, black pepper, and olive oil to the pot.
5. Cook on low for at least 8 hours, or on high for 4 to 6 hours.
6. Once done, strain the ingredients out of the broth. The vegetable and spice remains can be eaten, composted, or shared with a furry friend.
7. Add the remaining $\frac{1}{4}$ teaspoon of salt, fresh lemon juice, and apple cider vinegar to the broth and stir until everything is blended evenly.
8. Drink a cup twice a day during cold and flu season to prevent illness or drink a cup every 3 to 4 hours during sickness. Otherwise enjoy as desired throughout the fall and winter seasons for boosting digestion, immunity, and overall health!

STORAGE TIP

- Store the leftovers in an airtight glass jar and keep refrigerated for up to 5 days.

ADDITIONAL TIPS

- For added nourishment, blend in a tablespoon of tahini for every 2 cups of finished broth.
- For meat eaters, add in 1 to 2 pounds of chicken or turkey (with bones) to the crock pot for extra nutrients and nourishment.
- If you are sensitive to hot-spicy foods, you may need to reduce the amount of black pepper and serrano pepper by half or more.
- If you do not have fresh ginger available, use 2 to 3 teaspoons of ginger powder.
- If you do not have fresh turmeric available, use 1 teaspoon of turmeric powder or 1 tablespoon of Agni Churna.
- This recipe can alternatively be cooked in a large pressure cooker or Instant Pot for a quicker steep time (about 1 to 3 hours total). Please use your pressure cooker's specific time and temperature instructions for these options.