



SUPER VEGGIE BROTH RECIPE

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

Makes: 12 to 16 cups

Prep Time: 30 minutes

Slow Cooker Time: 12 to 16 hours on low (best!) or 6 to 8 hours on high

*Follow the recommended modifications to make this recipe more suitable for Pitta.

INGREDIENTS

- 12 to 16 cups water (depending on the size of your crock pot)
- 3 medium beets (about 3 cups)
- 1 medium rutabaga (about 1 cup)
- Fresh fennel (about 1½ to 2 cups), all parts can be used!
- 5 medium celery stalks (about 2 cups)
- 3 large carrots (about 1½ cups)
- Beet greens (about 2 cups packed)
- 2 medium jalapeños (optional, omit for Pitta)
- 1 medium yellow onion (about 2 cups)
- 3 medium garlic cloves (optional, use 1 clove or omit for Pitta)
- 3" to 4" cube fresh ginger, finely chopped or grated (replace with 1 to 2 teaspoons of ginger powder)
- 2" cube fresh turmeric, finely chopped or grated (replace with 1 teaspoon turmeric powder or 2 teaspoons Agni Churna, Vata Churna, Pitta Churna, or Kapha Churna)
- 1 teaspoon black peppercorns, freshly ground
- 1½ teaspoons whole cumin seed (grind fresh for best flavor!)
- ¾ teaspoon pink Himalayan or mineral salt (substitute with sea salt)
- ⅛ teaspoon cayenne pepper (optional, omit for Pitta)
- 2 to 4 tablespoons olive oil (use 1 to 2 tablespoons for Kapha)
- 1½ to 2 lemons, freshly juiced (use 2 limes for Pitta)

DIRECTIONS

1. Add the water to your crock pot, making sure you have at least 3 inches of space left for the ingredients. Turn the pot on to a low setting (or high if time is short).
2. Carefully wash and coarsely chop the beets, rutabaga, fennel, celery, carrots, beet greens, and jalapeño (if using). Add them to the crock pot.
3. Peel and chop the onion and garlic (if using). Add them to the crock pot.
4. Finely chop or grate the fresh ginger and turmeric. Add them to the crock pot.

NOTE: Fresh is best, but add in the dried powder if these fresh roots are not available.

5. Measure out and grind (optional, but recommended) the black pepper and cumin seed. Add them to the crock pot.
6. Add the salt and cayenne pepper (if using) to the pot.
7. Stir all of the ingredients until everything has been combined well.
8. Place the top on the crock pot and continue to cook on low for 12 to 16 hours. If time is short, cook on high for at least 8 hours.

NOTE: If a crock pot is not available, you can alternatively cook this broth in a large stock pot on the stove for 12 to 16 hours over a low heat. For this, I would suggest to get the temperature up by heating the water to just below a boil and then turning the heat down to its lowest point.

9. Stir every 2 to 3 hours (when possible).
10. Once the broth has been fully steeped, strain the liquid into a large pan using a large mesh strainer. I like to use a glass measuring cup to scoop the soup out and pour it into the strainer to avoid a big mess.
11. Once the liquid has been strained, discard the cooked ingredients in the compost or save them to share with your furry friend. They are still rich in fiber and may have a little flavor left.
12. Add the fresh lemon juice and olive oil to the strained broth. Stir well.
13. Sip and enjoy! Use it in your favorite Kitchari, rice, quinoa, or dal recipe; drink it regularly during illness or times of cleansing; or simply enjoy it as a warm, soothing, and delicious drink throughout the fall and wintertime!

STORAGE TIP: This broth will stay vital for up to 5 days. Store any extra in some air tight glass jars in your refrigerator. Only reheat the amount needed and never reheat more than once!