

GUT-HEALING VEGETABLE BROTH (AND WHY IT'S JUST AS GOOD AS BONE BROTH)



PREP TIME

5 mins

COOK TIME

1 hour

TOTAL TIME

1 hour 5 mins

A nutritious, gut-healing broth as a vegan alternative to bone broth. If you don't like or can't find any ingredients, don't worry. Add what flavors you like and try to get as much variety and nutritional goodness as you can!

Serves: 8

INGREDIENTS

- 12 cups (2¾ litres) filtered water
- 1 tbsp coconut oil or extra-virgin olive oil
- 1 red onion, quartered (with skins)
- 1 garlic bulb, smashed
- 1 chilli pepper, roughly chopped (with seeds)
- 1 knob ginger, roughly chopped (with skin)
- 1 cup greens such as kale or spinach
- 3-4 cup mixed chopped vegetables and peelings (I used carrot peelings, red cabbage, fresh mushrooms, leeks and celery)
- ½ cup [dried shiitake mushrooms](#)
- 30g dried [wakame](#) seaweed

- 1 tbsp peppercorns
- 2 tbsp ground turmeric
- 1 tbsp [coconut aminos](#)*
- A bunch of fresh coriander or other herb of your choice (plus extra, to serve)
- (optional) ¼ cup [nutritional yeast](#), for extra flavour and vitamins

INSTRUCTIONS

1. Simply add everything to a large pot. Bring to a boil then simmer, with the lid on, for about an hour.
2. Once everything has been cooked down, strain the liquid into a large bowl.
3. Serve immediately with some fresh herbs, for decoration or cool for later. It also freezes well.

Recipe Credit:

Source for recipe:

<https://wallflowerkitchen.com/gut-healing-vegetable-broth-better-bone-broth/>