



Healing Broth

1 organic chicken or turkey carcass (or 2 pounds poultry bones)
1-2 onions, quartered with skins left on
10-12 garlic cloves, unpeeled and smashed
4-6 carrots, unpeeled
4-6 celery ribs, cut into large chunks
2 bay leaves
1 4-inch strip kombu
10 black peppercorns
1 tablespoon vinegar or freshly squeezed lemon juice
filtered water

1. Place the carcass into a 12-quart or larger stock pot. Rinse all the vegetables and add them to the pot as well. Lastly, add the bay leaves, kombu, peppercorns, and vinegar.
2. Fill the pot up with water. It should cover all the ingredients by several inches.
3. Bring to a boil and skim off the scum that rises to the top. Lower the heat to low, and simmer with the lid on. You can simmer your broth anywhere from 4-36 hours. Just make sure you have enough water in the pot.
4. When you are done, turn off the heat and let the broth cool until it is manageable. Using tongs or a large slotted spoon, remove the larger chunks of cooked bones and vegetables and discard. Next strain the broth through a mesh strainer over a large heat proof container. Let cool to room temperature, cover and then refrigerate.
5. The next day you will have a highly nutrient-dense gelatinous broth. Before using, skim off the fat. The broth can be stored in an airtight container for up to 6 days in the refrigerator or in the freezer for up to 4 months.

Lisa's Notes: This is one of the easiest and most healing culinary practices I know of. During the fall and winter months I make broth 2-3 times a month. I roast an organic chicken or turkey on a Saturday night and then throw everything into a pot when we are done eating. I let it simmer until Sunday evening. We use the broth to cook with or sip on throughout the next week. You can use ANY vegetables you have in your kitchen. Broccoli, potatoes, sweet potatoes, squashes, parsnips, turnips, cabbage, carrots, onion, garlic, or celery. I save stems, ends, peels, the seemingly inedible parts of all my vegetables throughout the week and keep them in a bag in the freezer. In they go to the pot at the end of the week!

Kombu is a sea vegetable found in the Asian section of the market that is filled with minerals and a plethora of anti-cancer, immune system healing properties.

The vinegar or lemon juice assists in leaching minerals from the bones of the carcass. If you are making a vegetable-only broth, you do not need to add it.