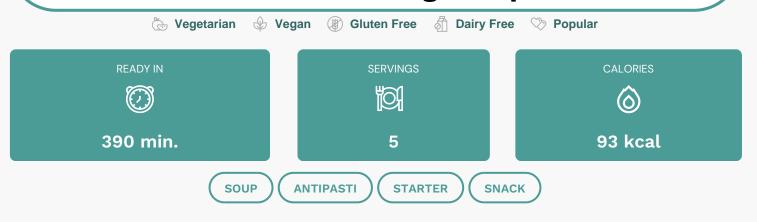


Restorative Vegetable Broth | A Nourishing and Cleansing Soup



Ingredients

	.5 teaspoon pepper black freshly ground
2	medium carrots
3	stalks celery
	0.5 the salad (or a mixture of leafy greens)
1	Tablespoon olive oil extra virgin for serving
1	handful parsley fresh
1	large piece kombu (seaweed)

	1 leek light white green small to medium cleaned sliced lengthwise well (use and parts)
	0.5 teaspoon sea salt fine
	3 water filtered
	1 cup winter squash (like butternut)
	1 small sweet potatoes and into
	0.5 cup frangelico dried fresh
	0.5 cup frangelico dried fresh
Eq	uipment
	pot
	sieve
	blender
	stove
	slow cooker
Di	rections
	Coarsely chop the vegetables into even sized pieces.
	Place all the ingredients except for the butter or olive oil into your slow cooker and add the water to cover. Set to 5 to 6 hours on high or 10 to 12 hours on low. (You can simmer it for longer for a more flavorful and reduced broth)(To make on the stovetop) In a large stock pot cover the vegetables, herbs and spices with the water and bring to a boil. Reduce heat and barely simmer on low for about 90 minutes.
	Serve as is with a drizzle of olive oil or pat of butter and additional salt to taste. Strain liquid through a fine mesh strainer (set vegetables aside). Salt to taste.
	Let cool to room temperature before refrigerating or freezing.
	Place the strained vegetables and about 1 cup/240ml of broth together into a blender .
	Add a Tablespoon of butter or olive oil and season to taste with additional salt and pepper. Blend on high until liquefied. Store broth and soup up to a week in an airtight container in the fridge or freeze for up to three months.

Nutrition Facts

Properties

Glycemic Index:46.57, Glycemic Load:4.19, Inflammation Score:-10, Nutrition Score:12.250434880671%

Flavonoids

Apigenin: 2.41mg, Apigenin: 2.41mg, Apigenin: 2.41mg, Apigenin: 2.41mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 93.4kcal (4.67%), Fat: 3.03g (4.65%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 13.33g (4.85%), Sugar: 4.31g (4.79%), Cholesterol: Omg (0%), Sodium: 290.65mg (12.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin A: 13268.89IU (265.38%), Vitamin K: 34.91µg (33.24%), Vitamin C: 15.98mg (19.37%), Manganese: 0.32mg (16.18%), Fiber: 3.17g (12.69%), Potassium: 433.15mg (12.38%), Vitamin B6: 0.22mg (11.06%), Folate: 42.47µg (10.62%), Vitamin E: 1.55mg (10.35%), Magnesium: 34.45mg (8.61%), Vitamin B1: 0.1mg (6.7%), Calcium: 61.6mg (6.16%), Iron: 1.08mg (5.98%), Copper: 0.12mg (5.97%), Vitamin B3: 1.12mg (5.58%), Vitamin B5: 0.56mg (5.56%), Phosphorus: 49.24mg (4.92%), Vitamin B2: 0.06mg (3.54%), Zinc: 0.28mg (1.85%)