

Mock Chicken Stock

(C, D, E, G, N, S, V, Y)

Ingredients

14 cups water
7 cups chopped onions
4 cups chopped celery
4 cups chopped carrots
4 cleaned, chopped potatoes
1 head garlic, minced
5 bay leaves
3 tsp dried thyme (4 tsp fresh)
3 tsp turmeric
1 tsp sea salt
½ bunch fresh parsley

Directions

1. Wash and prepare all ingredients
2. Put water in large soup pot over high heat
3. Add vegetables to pot along with garlic and spices
4. Bring to a boil and allow to cook uncovered for approximately 10 minutes
5. Cover, reduce heat and allow to simmer for 1 hour
6. Strain stock and compose vegetables or for a thicker stock used a blender to puree the ingredients in batches (use caution and allow some time for cooling as the contents will be hot!)
7. Stock can be used immediately, stored in the fridge for 4 days or frozen for several months

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