

## Vegetable Mineral Broth

1 onion, coarsely chopped

3 carrots, coarsely chopped

3 celery stalks, coarsely chopped

1 handful parsley

1 handful spinach

1 handful kale

1 handful Swiss chard

1 clove garlic, peeled

Any fresh herbs you enjoy such as basil, dill, oregano etc.

Combine all ingredients in a large soup pot and cover with fresh spring water.

Bring to a boil, then reduce to a simmer and cook until carrots are tender about 45 minutes.

Allow to cool, and then strain the broth reserving the vegetables for another use.

The vegetables can be pureed with enough broth to creating a Vegetable Bisque.

Season the broth and Bisque with pink salt or miso paste.