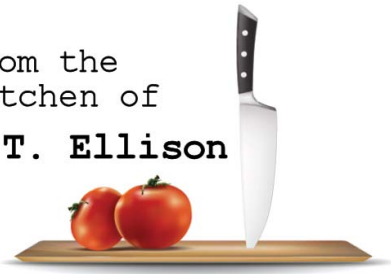


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 12 cups filtered water
- ✓ 16 oz. package shiitake mushrooms
- ✓ 8 oz. package fresh white mushrooms and stems
- ✓ ½ onion, skin on, quartered
- ✓ 1 bunch scallions, chopped in half
- ✓ 5 garlic cloves, lightly crushed, skin on
- ✓ Peels from 5 or 6 large carrots
- ✓ 1 bunch parsley or cilantro stems
- ✓ 2-inch piece of ginger, or 2 tablespoons ginger powder
- ✓ 1–2 tablespoons turmeric powder
- ✓ Salt and pepper to taste
- ✓ Optional: Collagen powder – it won't be vegan any longer, but you'll get a boost of nutrients

Rich, Sippable Veggie Broth

(makes about 3 quarts)

If you want a flavorful soup base or a delicious way to warm up quickly, this broth is it. I can't believe how much flavor there is just from vegetable scraps.

Directions

1. Place all ingredients in a large stockpot. Bring the mixture to a rolling boil, reduce to a simmer, put on a lid, and let it cook for 1 to 2 hours, stirring occasionally.
2. Allow to cool, pour through a fine-mesh strainer, reserving the liquid. Discard the food scraps (or, if you're adventurous, put it into your blender or food processor, add some warm cream, and *voilà*, a thick, creamy, and extra-nutritious soup).
3. Season the broth with salt, to taste.
4. Store the broth in the fridge for a week or in the freezer for 1 month

Cook's Tip

When you make other dishes, collect your peels, trimmed stems, and other goodies into a plastic bag and toss into the freezer until you're ready to make this broth. It's a free-flow recipe – any veggie remnant works.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.

Want a bubbly suggestion? Check out J.T.'s wine blog, *The Wine Vixen*, at TheWineVixen.com.

