

Detox Vegetable Broth with Turmeric and Ginger



Ingredients

- 8 Pints of water
- 1 large onion, roughly chopped
- 1 leek, roughly chopped (including tops)
- 4 cloves garlic, sliced in half
- 3 parsnips, roughly chopped
- 1 bunch parsley
- 1/2 head green cabbage, roughly chopped
- 1 3-inch piece of ginger, roughly chopped
- 3 celery stalks, roughly chopped
- 1 tablespoon ground turmeric
- Sea salt to taste

Instructions

1. Thoroughly wash and clean all of the vegetables.
2. Combine all of the vegetables and the water into a large stock pot. Bring to a simmer, cover with lid, and gently simmer for 90 minutes.
3. Strain the liquid through a fine mesh strainer and discard the vegetables. Store in mason jars or airtight containers in the refrigerator for 1 week, or freeze.
4. Enjoy warm or use as a soup base or while making quinoa or rice.