

# SLOW COOKED VEGAN BROTH



At this time of year it is always great to have some homemade broth in the freezer for a quick and light meal or to add as a base for a more nourishing soup. This recipe has been shared with us by Naturopathy student Nat Russell. Nat is a passionate foodie who makes simple and inspiring recipes.

## **Ingredients:**

1 x *small leek*

1 x *large onion*

2 x *medium carrots*

2 x *celery stalks* (leave some leaves on)

1 x *tablespoon apple cider vinegar*

1 x *large tablespoon coconut oil*

5 cm knob of *ginger*, sliced

5cm knob of *fresh turmeric*, sliced

1 x *teaspoon dulse flakes* (or other sea vegetable)

5 x *black peppercorns*

2 x *bay leaves*

1 *teaspoon quality salt*

2 1/2 litres *filtered water*

## **Method:**

Wash all your vegetables well and cut into chunks.  
Place all the ingredients in a slow cooker.

Set on low and allow the broth to cook for around 8 hours or overnight  
Strain the liquid from the vegetables and whilst it is still hot, pour into jars, sealing tightly.  
Allow to cool before storing in the fridge.

*Note: If you don't own a slow cooker, you can do this in a large stock pot on a stove top, simmering the ingredients for 3-4 hours.*

**Vegan | Gluten Free | Sugar Free**