

GUT-HEALING VEGETABLE BROTH BY WALLFLOWER KITCHEN



PREP TIME: 5 MINUTES | COOK TIME: 1 HOUR | TOTAL TIME: 1 HOUR 5 MINUTES

SERVINGS: 8

A nutritious, gut-healing broth as a vegan alternative to bone broth. If you don't like or can't find any ingredients, don't worry. Add what flavours you like and try to get as much variety and nutritional goodness as you can!

INGREDIENTS

- 12 cups / 2 3/4 litres filtered water
- 1 tbsp [coconut oil](#) or extra-virgin olive oil
- 1 red onion quartered (with skins)
- 1 garlic bulb smashed
- 1 chilli pepper roughly chopped (with seeds)
- 1 thumb-sized piece of ginger roughly chopped (with skin)
- 1 cup greens such as kale or spinach
- 3-4 cup mixed chopped vegetables and peelings I used carrot peelings, red cabbage, fresh mushrooms, leeks and celery
- 1/2 cup [dried shiitake mushrooms](#)
- 30 g [dried wakame seaweed](#)
- 1 tbsp peppercorns
- 2 tbsp [ground turmeric](#)
- 1 tbsp [coconut aminos](#) (see notes)
- A bunch of fresh coriander or other herb of your choice
- (optional) 1/4 cup [nutritional yeast flakes](#) for extra flavour and vitamins

INSTRUCTIONS

1. Simply add everything to a large pot. Bring to a boil then simmer, with the lid on, for about an hour.
2. Once everything has been cooked down, strain the liquid into a large bowl.
3. Serve immediately with some fresh herbs, for decoration or cool for later. It also freezes well.

4. RECIPE NOTES

*Coconut aminos can be very salty, depending on what brand you use so taste before adding any additional salt.

