

Vegetable Broth

INGREDIENTS

- 1 leek, chopped
- 1 yellow onion, quartered, skins on
- 1 red onion, quartered, skins on
- 6-8 garlic cloves, mashed and skins on
- 4-6 carrots, roughly chopped
- 4-6 stalks celery, roughly chopped
- 1 large sweet potato, coarsely chopped
- 1 head of bok choy, halved
- 1/2c shiitake mushrooms
- 6 slices of ginger (or about 1-inch cut)
- 1 lemon, juice and zest
- 1 lime, juice and zest
- 1/4c wakame seaweed
- 1/4c kombu (or about 4 slices)
- 1TBS oregano
- 1tsp sea salt
- 1tsp black pepper
- 3-4 bay leaves

1. Add all ingredients to a stockpot or slow cooker.
2. Cover with filtered water until about 2-inched from top of pot.
3. Bring to boil then reduce to simmer for 24-48 hours, stirring occasionally.