

Delicious Detoxing Potassium Broth

This is a simple, yet great, very detoxing soup that's very high in essential potassium which helps generate energy, stabilize blood pressure and also is vital to help your heart create a "heartbeat". It's essential part for detox program and at night it's great for dinner as part of a lighter evening meal to help your digestion through the night. Also fantastic when you've overindulged and you just want to 'recharge' with a simple meal. You can vary slightly the ingredients if you have some vegetables that need eating. Eat chopped or blended as you wish, hot or cold as well.

Minutes to Prepare: 15

Minutes to Cook: 30

Number of Servings: 12

Ingredients

- 4 carrots, washed with skin
- 2 potatoes with skins
- 2 whole tomatoes
- 1 cup lentil (optional)
- 1 onion, quartered
- 1 bunch of scallion or 2 large leeks
- 3 stalks celery
- 1/2 bunch parsley
- 6 sprigs of thyme
- 3 bay leaves
- 1/2 bunch cilantro
- 1/2 head red cabbage
- 1/2 bunch broccoli
- 6 cloves garlic
- 6 tbsp Bragg's Liquid Amino Acids
- 5 tbsp Nutritional yeast
- 1 tbsp black pepper
- 1/2 tsp sea salt
- 1 tsp organic vegetable broth (Organic Better Than Bouillon)



Directions

In a big soup pot, combine all ingredients. Add distilled water to cover the vegetables, bring to a boil and then simmer with lid on for 30 minutes. The vegetables should be soft, but not mushy.

Remove from heat and serve hot with Bragg Liquid Aminos to taste (approx 1/2 tsp) per bowl, or store in the refrigerator or freeze for later. I think it also tastes excellent served cold.

If desired, you can pour into a blender and puree for a creamy texture. You can then freeze single servings, or even pour into an ice cube tray and reheat as desired.

Serving Size: makes 12 large servings