

SUZY'S VEGETABLE BROTH

Based upon Dr. Oz' version -- 1 gal -> 16 1/2 cup servings

- 1 Cup V-8 juice.
 - 1 Gal. Water.
 - 2 Lg. Onions (red & white) skin on.
 - 4 Cups Carrots.
 - 2 Cups Turnips, Rutabagas or Parsnips.
 - 4 Stalks Celery.
 - 1 Cup Green or savoy cabbage.
 - 2 Cups Winter squash (any type) cubed.
 - 2 Cups Greens, chopped: chard, kale, dandelions, spinach, parsley, dill with stems, beet greens, cress.
 - 2 Tbsp. Ginger root, diced or grated.
 - 2 Tbsp. Sea salt.
 - 1/2 Tsp. Cayenne or hot pepper pods.
 - 4 Cloves Garlic.
 - 3 Tbsp. Beef flavored vegetable broth powder.
 - 1 Tbsp Soy sauce or Worcestershire sauce.
 - 1 Tbsp Whole peppercorns (any).
- Add rosemary, thyme, basil, cloves, marjoram.

Low boil all ingredients covered 60 minutes. Strain, check salt level.
Store in refrigerator in glass jars.

Note: Use organic, nutrient dense vegetables.

The leftover 2 quarts of strained-out vegetables can be used as a tasty puree made in food processor.

Can be served as a side dish instead of mashed potatoes.

Can be served with broiled poultry or meat entrees by adding fresh chopped parsley, dill, basil or oregano plus optional butter.

Instead of greens assortment, Suisse chard puree is suitable also.



Mitterhauer's
"AMERICAN RECIPE"