



Vegetable Broth with Ginger

NIBBLEDISH CONTRIBUTOR

Ingredients

Vegetables from "Roasted Root Vegetables Recipe"

4 stalks of celery

1 roma tomato, quartered

3 thin slices of ginger (optional)

1 tsp powdered ginger

8-10 cups of water

salt and pepper

Instructions

This recipe was developed from my roasted root vegetable recipe during a liver cleanse that I was on. The broth is rich and hearty, and will fill you up with healthy nutrients.

In a large pot, place all of the roughly chopped vegetables and cover with water. You want about an inch of water above the veggies.

Add any salt and pepper and herbs that you might be using (bay leaf, thyme, etc.).

Bring to a boil and then reduce to a simmer. Cover and cook for about 2 hours or until very flavorful.

Strain mixture through a fine mesh strainer and either discard solids or puree them with some of the broth and some seasonings. (I tried this, and I found the broth to be remarkably bland and off putting, even after adding quite a bit of seasoning: soy sauce, peanuts, cabbage, green onion, cilantro).

Either drink the broth as a clarified soup, or save it for vegetable stock purposes.

Tip: You can freeze the broth in an ice cube tray and then put into a plastic bag for convenient sized use later.