

BLOOD BUILDING BROTH

INGREDIENTS

This broth can be prepared ahead of time and frozen. You can omit the grains if you like

1 chopped onion
1 head of garlic
1 tablespoon rosemary infused olive oil
8 ounces fresh or 1 2 cup dried mushrooms such as shitake, turkey tail, enoki, maitake
1 2 cup barley or steel-cut oats
1 4 cup dried astragalus root
1 4 cup dried rosemary
1 4 cup dried sage
1-gallon water

PREPARATION

STEP ONE

Heat the oil in the bottom of the soup pot and simmer the chopped onion and garlic in the oil until the vegetables are translucent.

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STEP TWO

Add the remaining ingredients and the water.

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STEP THREE

Bring to a boil and reduce heat to a simmer until the broth has reduced at least one-quarter.

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STEP FOUR

Strain the broth and serve.



From the Stillroom of Stephany Riley Hoffelt

