



SLOW COOKED VEGAN BROTH

At this time of year it is always great to have some homemade broth in the freezer for a quick and light meal or to add as a base for a more nourishing soup. This recipe has been shared with us by our newest recipe contributor, Naturopathy student Nat Russell. Nat is a passionate foodie who shares simple and inspiring recipes on her own blog, Glow with Nat Russell. We look forward to testing this one out..

Ingredients:

1 x small leek

1 x large onion

2 x medium carrots

2 x celery stalks (leave some leaves on)

1 x tablespoon apple cider vinegar

1 x large tablespoon coconut oil

5 cm knob of ginger, sliced

5cm knob of fresh turmeric, sliced

1 x teaspoon dulse flakes (or other sea vegetable)

5 x **black peppercorns**

2 x bay leaves

1 teaspoon **quality salt**

2 1/2 litres filtered water

Method:

Wash all your vegetables well and cut into chunks.

Place all the ingredients in a slow cooker.

Set on low and allow the broth to cook for around 8 hours or overnight

Strain the liquid from the vegetables and whilst it is still hot, pour into jars, sealing tightly.

Allow to cool before storing in the fridge.

Note: If you don't own a slow cooker, you can do this in a large stock pot on a stove top, simmering the ingredients for 3-4 hours.

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