**Liver Rescue Broth**

**Ingredients:**

1 Bunch of Celery, diced

6 Carrots, diced

1 Winter Squash (such as Butternut), cubed

2 Yellow Onions, diced

1 inch Ginger Root, peeled and minced

1 inch Turmeric Root, peeled and minced

1 cup peeled and sliced Burdock Root

1 cup loosely packed Cilantro

6 Garlic cloves, peeled

12 cups of water

**Directions:**

Place all ingredients in a large stock pot.

Cover the pot and bring the water to a boil over a high heat and then reduce the heat and simmer for at least 1 hour and up to 4 hours.

Strain and enjoy as a warm, nourishing broth any time of the day.

**Tips:**

* This recipe may be enjoyed as a chunky vegetable soup b y leaving the vegetables whole within the broth.
* Make a large batch of the broth and freeze to use for throughout the week. Try using an ice cube tray for easy thawing.
* After the broth is strained away, use the leftover veggies to make a curry soup. Return the pot to the heat and stir in 2 cups of coconut milk, 2 teaspoons of yellow curry powder, 1 tablespoon of maple syrup and 1 teaspoon of sea salt. Cook until warmed through then use an immersion blender to partially smooth and serve.

Taken from Medical Medium, Liver Rescue