

# 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:**

1. Wash all your vegetables well and cut into chunks.
2. Place all the ingredients in a slow cooker.
3. Set on low and allow the broth to cook for around 8 hours or overnight

4. Strain the liquid from the vegetables and whilst it is still hot, pour into jars, sealing tightly.
5. 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.*

**Vegan | Gluten Free | Sugar Free**