

Vegetable Broth

Sauté 2 onions (High quercetin content) chopped and 3 garlic (Anti-viral and antibacterial) pieces in a bit of olive oil first to bring flavor to the broth.

Add

2 large purple potatoes (Purple has a high flavonoid content) chopped

1 cup carrots sliced

1 cup celery, chopped leaves

1 cup of a combination of turnip tops, parsley, cabbage, and leafy dark greens for (Potassium and vitamin K)

Add a handful of shiitake mushrooms (vitamin D as well as other immune stimulating compounds)

Add 1 large Kelp or Kombu leaf (Iodine and other minerals to combat viruses)

Add cayenne pepper to your taste (Cayenne is our favorite as it encourages fibrinolytic activity and prevents blood clots which is a serious concern with Covid)

Add fresh Thyme sprigs (Anti-viral activity and just a wonderful taste)

Feel free to play and add other herbs and spices!

Put all veggies and spices in a stainless-steel utensil, add 1 1/2 [quarts](#) of water. Cover and cook slowly for 2-6 hours.

Strain, cool until just warm and serve. If not used immediately, keep in fridge and warm up before serving.

Can also freeze.

****If you want a soup just add the water to cover the veggies and blend after about an hour, or when all the veggies are soft *****

This recipe was adapted by Dr. Marz and from Paavo Airola's "How to Get Well" with some additions by Dr. Carina Lopez.