



**MYELOMA
CANADA**
MAKING MYELOMA MATTER

BROTH

- Gluten-free
- Dairy-free
- Vegan

Shiitake Ginger Vegetable Broth

IMMUNE SUPPORT



Prep time: 15 minutes



Cooking time: 90 minutes



Total time: 1 h 45 minutes



Allergens: celery, soy (tamari)

**Yields
2.5 litres**



INGREDIENTS

- 10 dried shiitake mushrooms
- 1.5-inch fresh ginger – chopped, skin on (wash well)
- 5 garlic cloves - chopped, peel on
- 2 carrots - chopped, skin on
- 2 celery stalks - chopped
- 1 leek - chopped (wash well)
- 4 spring onions - chopped, discard roots
- 1 bunch of fresh coriander
- 2 large bay leaves
- 8 black peppercorns
- 2 tbsp tamari
- 2.5 litres filtered water
- Sea salt to taste

PREPARATION

1. In a large stock pot, place the vegetables, herbs, and water inside and cover with a lid. Bring to a boil and ensure that all the vegetables are covered completely with water.
2. Reduce the heat, allowing the broth to simmer for 90 minutes.
3. Remove the pot from heat and pour the broth through a strainer into a bowl, separating the vegetables from the liquid. Set the vegetables aside; the strained vegetables make the perfect addition to your compost.
4. Season the broth according to taste with sea salt.
5. Enjoy while it's still warm or let the broth cool in the bowl ready for storage.
6. Pour the broth into an airtight glass jar and refrigerate for up to a week. You can also freeze this broth in ice cube trays then transfer to a freezer bag for up to 6 months.
To add a bit of crunch, garnish with finely sliced spring onions and add some fresh coriander leaves.

RECIPE HEALTH BENEFITS

- Rich in immune boosting minerals, powerful antioxidants, and anti-inflammatory properties;
- Supports hydration levels and increases electrolytes;
- Ginger eases digestive discomfort and can help reduce nausea and vomiting;
- Shiitake mushrooms are high in iron and vitamin C. They are renowned for their powerful medicinal uses;
- Garlic contains antimicrobial and antifungal compounds that support the immune system.

TIPS

- **When possible, opt for organic foods** (or produce depending on context) which often contain fewer pesticides, particularly vegetables that are amongst the 'Dirty Dozen' such as celery, bell peppers, spinach, and kale. Give all vegetables a good rinse with cold water prior to cooking.
- **There is no need to peel your organic vegetables**, as the skins are packed with nutrients. They also add colour to the broth and reduce prep time.
- **To avoid food wastage**, store vegetable scraps used throughout the week in the fridge in a glass bowl covered with a paper towel. This will help absorb moisture and keep them fresh longer. Use the scraps to create your next broth later that week or, simply freeze them for a later date.
- **Keep in mind that there are some vegetables that may alter your broth**; very starchy vegetables such as potatoes may make your broth cloudy. Cruciferous vegetables can alter the flavour leaving your broth with a bitter taste.
- **Use the whole vegetable in your broth**, even those carrot tops that are full of goodness! The more vegetables, the more nutrients!

This **light and easily digested** broth is packed with nutrients. It can be eaten on its own or used to compliment other dishes.



Recipe created by Gill Compton, CNM London:
Naturopathic Nutrition/NaturalChef

References:

- CNM London Lecture. (2021). CT3 Stocks, Soups and Stews. London, United Kingdom.
- Mateljan, G. (2007). The World's Healthiest Foods. George Mateljan Foundation. Seattle, Washington. Pages 316-321.



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