



## POTASSIUM BROTH RECIPE

Drink 2-4 cups daily, spread out over the day. Each cup contains approximately 750 mg. potassium, and the average body needs 2mg. of potassium for every calorie of food consumed for optimal muscle function and electrolyte balance.

Note: Using organic ingredients will increase the potassium content to approximately 1100 mg./cup. Magnesium carries potassium into the cells, and kelp contains a fair amount of magnesium.

### **Ingredients:**

6 medium Russet potatoes  
6 celery stalks  
1 bu. parsley  
1 med. parsnip  
2 med. carrots  
1 oz. kelp/kombu  
12 C. water  
ginger root, 5 1-in. slices  
Italian seasonings blend (opt.)

### **Tools:**

Measuring cup  
6-qt. pot w/ cover  
Chopping knife  
Potato peeler  
Skimmer or other tool to remove vegetables from broth  
Ladle  
Conical mesh strainer  
Canning jars, 24 oz (3)



### **Instructions:**

1. Measure water into the pot, then cover. Bring water to a boil.
2. While water heats up, wash the produce gently. (Hard scrubbing removes minerals found in the vegetables' skins).
3. Peel potatoes to a depth of 1/8 in. Set potato bodies aside for other use, or discard them.
4. Cut other vegetables in half, so they will fit into the pot.
5. When water boils, put all veggies (except potato bodies) and seasoning into the water. Use the potato bodies elsewhere.
6. Bring broth to a boil, with the lid on, again, then simmer, with the lid on, for 1.5 hrs.
7. Add the ginger slices; then continue simmering with the lid on, for 30 min.
8. Remove large vegetable matter, then allow small vegetable matter to settle for 5 minutes with the lid on.
9. Ladle into canning jars (fill to neck). This will allow you to expose smaller portions of the broth to airborne bacteria for less time, preventing premature spoiling. To get the last of the broth, pour it through the mesh strainer.

### Nutrition Information

Serving Size: 1 cup Calories: 10 Protein: 0 g Carbohydrates: 1g Fiber: 0g  
EGC: 1g Fat: 1.0 g Sodium: 197.3 mg. Potassium: 771.6 mg. Calcium 98.9 mg.  
Magnesium: 59.0 mg.