

# Alkaline Broth

## Ingredients

- celery
- green beans
- zucchini
- spinach
- parsley

## Summary

**Yield:** 1

**Source:** The  
Anti-Inflammation Lifestyle

**Prep Time:** 10 minutes

**Category:** Stocks

## Instructions

- Choose a combination of equal amounts from the above vegetables.
- Place your vegetables in a steaming basket and cover the bottom of the pot with enough water so that it does not boil dry but not enough to cover any of your vegetables. Check them with a fork periodically to make sure they are still "crunchy". This will usually only take a few minutes.
- Place your vegetables and the steaming water in your blender and puree.
- Add any of your favorite fresh or dry herbs to enhance the flavor of the broth.

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- Refer to your prescribed program for the amount of broth to drink.

## Notes

If your system is sensitive:

- Place the above vegetables in a soup pot with a significant amount of water.
- Add any of your favorite fresh or dried herbs to enhance the flavor of your soup.
- Bring this to a boil, then let it simmer for 45-60 minutes. Drain and keep the broth. Throw away the vegetables because the nutrients will be leached out of them.
- Refer to your prescribed program for the amount of broth to drink.