



Gut Guru Broth

8 servings

1 hour

Ingredients

- 1 piece Kombu
- 2 Carrot (chopped)
- 2 stalks Celery (chopped)
- 1/3 cup Shiitake Mushrooms (dried, can sub for other dried mushrooms or fresh shiitakes or cremini mushrooms)
- 2 tbsps Ginger (sliced)
- 2 tbsps Nutritional Yeast
- 1 tbsp Extra Virgin Olive Oil
- 3 tbsps Tamari
- 1/4 tsp Turmeric
- 2 tbsps Miso Paste
- 1/2 tsp Sea Salt (or as needed)
- 1/3 Yellow Onion (chopped)

Directions

- 1 Place the kombu, carrots, celery, mushrooms, ginger, onion, garlic, nutritional yeast, olive oil, tamari, turmeric and 10 cups of filtered water in a slow cooker and simmer on low for at least 6 hours. Alternatively, place in a large stockpot and simmer on low for at least 2 hours.
- 2 Strain through a fine mesh strainer and divide into glass containers, placing some in the freezer for later use. Make sure you leave room in each container for the liquid to expand.
- 3 Enjoy on its own or make into a warming soup with noodles and your veggies of choice!