



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Basic Vegetable Stock

- ¼ pound White Mushrooms, sliced
- 9 cups Spring *or* Filtered Water, cold
- 1 tsp. Salt
- ½ tsp. Peppercorns
- 4 cloves Garlic, in their skin, crushed with the side of a knife blade
- 6 Parsley Sprigs, coarsely chopped
- 6 Fresh Thyme Sprigs
- 3 Fresh Sage Leaves
- 2 Medium Carrots, chopped
- 2 Celery Ribs, sliced
- 2 Fresh Marjoram *or* Oregano Sprigs
- 2 Bay Leaves
- 1 Yellow Onion, thinly sliced
- 1 Leek Top, chopped and washed
- 1 Large Potato, thinly sliced



1. Pour a small amount of spring or filtered water into a stock pot.
2. Add onion, leek top, garlic and salt.
3. Stir in vegetables.
4. Cover and cook over medium heat for 15 minutes.
5. Add the remaining ingredients.
6. Cover with 9 cups cold water.
7. Bring to a boil.
8. Reduce heat and simmer, uncovered, for one hour.
9. Pour stock through a strainer, squeezing liquid out of vegetables, then discard (or compost) the veggies.
10. You'll end up with about 7 cups of stock that may be used right away or stored in freezer.