



HEALING MEDICINAL GINGER STOCK



Prep Time: 30 minutes

Cook Time: 3 hours

Serves: 6-8

Directions:

1. Place all ingredients into an 8-quart stockpot or crockpot. Bring to a boil, cover, and reduce heat to low. Simmer for 2 to 3 hours or 6-8 hours on medium in crockpot.
2. Place a strainer into a large bowl or pot and pour the stock through it. You can discard the vegetables, though our pup likes to eat it!
3. Stock may be frozen for later use or stored in glass quart jars in the refrigerator for 5 days.

Ingredients:

8 cups water

1 large onion chopped

1 head garlic cut in half

2 inches fresh ginger sliced

4 celery stalks chopped



4 carrots chopped
3 cups chopped shiitake mushrooms (optional)
2 piece kombu
1 lemongrass stalk chopped (optional)
1 bay leaf
1tsp oregano
1 teaspoon black pepper
1.5 teaspoon sea salt

This Healing Medicinal Ginger Stock recipe is nourishing and grounding for both Vata and Pitta.

Here's how to enjoy it:

- Use the stock to sauté vegetables
- Sip on an empty stomach first thing in the morning
- Drink in lieu of dinner if you're feeling extra full, gassy, or bloated