

Vegan Friends' Green N Ginger Spice Broth

Prep Time: 300 seconds

Cook Time: <10 minutes

Amount of Finished Broth: 1 quart

Ingredients:

-5-6 large kale leaves

-2-3 large swiss chard leaves

-1 small piece of ginger root

-1 small piece of turmeric root

-1.5 quarts of water (distilled if possible)

Instructions:

1. With a vegetable peeler, peel of about two tablespoons of each of the ginger root and turmeric root. Then throw them into your Instant Pot.
2. Next, throw your kale and swiss chard leaves into your Instant Pot.
3. Add your water.
4. Place your Instant Pot lid on and choose "steam" for time "1" at "normal" heat setting.
5. After your Instant Pot completion alarm sounds, you can release the pressure.
6. Let it cool for a couple of minutes.
7. Using a fine strainer, strain it. You can discard the vegetables if you are sensitive to the fibers or you can eat them.
8. Add salt if you desire and get down with your broth!



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