

Magic Mineral Broth™

Cancer-fighting, immune-boosting, sniffle-healing comfort in a cup.

A broth that can be transformed to meet a myriad of nutritional needs, serving as everything from a delicious sipping tea to the powerful base for more hearty soups and stews. So no matter what a person's appetite, it can provide a tremendous nutritional boost. This rejuvenating liquid, chock-full of magnesium, potassium, and sodium, allows the body to refresh and restore itself.

Ingredients

Makes 6 quarts

6 unpeeled carrots, cut into thirds
2 unpeeled yellow onions, cut into chunks
1 leek, white and green parts, cut into thirds
1 bunch celery, including the heart, cut into thirds
4 unpeeled red potatoes, quartered
2 unpeeled Japanese or regular sweet potatoes, quartered
1 unpeeled garnet yam, quartered
5 unpeeled cloves garlic, halved
1/2 bunch fresh flat-leaf parsley
1 (8-inch) strip of *kombu**
12 black peppercorns
4 whole allspice berries
2 bay leaves
8 quarts cold, filtered water
1 teaspoon sea salt



**Kombu is a mineral-rich seaweed (in the kelp family) that adds an umami or savory flavor to stocks and broths. Kombu is usually found in the Asian section of a grocery store near the nori (seaweed sheets) that are used for sushi. Store dried Kombu in a cool dark area in your pantry.*

Preparation

Rinse all of the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.

Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste.

Let cool to room temperature before refrigerating or freezing.

Prep Time: 10 minutes

Cook Time: 2 to 4 hours

Storage: Store in an airtight container in the refrigerator for 5 to 7 days or in the freezer for 4 months.

Per Serving: Calories: 45; Total Fat: 0 g; Carbohydrates: 11 g; Protein: 1 g; Fiber: 2 g; Sodium: 140 mg

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Commonweal's Most Nourishing and Healing Tea

MAKES ABOUT 8 CUPS • PREP TIME: 5 minutes • COOK TIME: 55 minutes

This tea was developed ages ago by the fantastic folk at the Commonweal Cancer Help Program, a renowned retreat for patients and caregivers. The blend of ginger, cloves, cinnamon, and cardamom is like a backrub in a cup.

Ingredients

1/3 cup sliced peeled fresh ginger, cut 1/4 inch thick
10 cups water
3 tablespoons coriander seeds
1 1/2 tablespoons cardamom pods
4 cinnamon sticks
5 whole cloves
1 1/2 cups rice milk or almond milk
1 to 3 tablespoons maple syrup
1 teaspoon vanilla extract

Preparation

Combine the ginger and water in a saucepan, and bring to a boil. Lower the heat, cover, and simmer for 30 minutes.

Add the coriander, cardamom, cinnamon, and cloves and continue to simmer for an additional 20 minutes. Strain the tea through a fine-mesh sieve into a clean saucepan. (I recommend that you save the spices; see Rebecca's Notes.) Add the rice milk and maple syrup and gently reheat without boiling for 2 to 3 minutes, until warm. Stir in the vanilla, then taste. Add more milk or sweetener if you like. Serve hot or cold.

Cook's Notes: The tea will keep in the refrigerator for up to 2 weeks without the milk and sweetener, so you may want to set some aside prior to adding the milk and sweetener.

Recycle the spices that are strained out of the tea and use them to make another, smaller batch of tea. They'll keep in the refrigerator for 4 to 5 days.

To make more tea, combine the spices and 6 cups of water and bring to a boil. Add 2 tablespoons of peeled fresh ginger slices. Simmer for 30 minutes, then strain the tea and discard the spices. Add sweetener and milk to taste and reheat without boiling for 2 to 3 minutes. Remove from the heat and stir in the vanilla before serving.

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Your Cancer-Fighting Pantry Checklist

The healthy basics you'll need on hand for smooth sailing in the kitchen!

You have the power to promote your own healing right in your kitchen! Think of your pantry, fridge and freezer as your culinary medicine chest. Having these staples on hand makes cooking SO much faster, easier, and less stressful! Check off the items you already have, then bring this shopping list with you to the store to stock up.

SPICES

- allspice berries
- bay leaves
- black peppercorns
- ground cardamom
- cardamom pods
- cayenne pepper
- cinnamon (sticks & ground)
- cloves (whole & ground)
- ground coriander
- ground cumin
- mustard seeds
- curry powder
- red chili pepper flakes
- nutmeg (whole or ground)
- sea salt
- turmeric

OILS

- coconut oil
- extra-virgin olive oil (EVOO)
- ghee

SHELF STABLE GOODS

beans

- black
- canellini
- chickpeas

lentils (red & french)

- French (Depuy)
- red

nuts (raw)

- almonds (whole & meal)
- cashews
- pecans
- pistachios
- walnuts

seeds

- flaxseeds
- pumpkin
- sesame
- sunflower

rice

- black
- brown
- white

- coconut milk
- canned tomatoes
- kombu
- kudzu
- green tea (bags or loose)
- grade A dark maple syrup
- honey
- coconut palm sugar
- dates
- raisins
- canned salmon and tuna
- frozen fruit & vegetables
- unsweetened shredded coconut
- rolled oats
- tamari

FRESH FOODS THAT LAST 2-3 WEEKS

- sweet potatoes
- garlic
- ginger
- onions

FRESH FOODS THAT LAST 1-2 WEEKS

- lemons
- limes
- parsley
- mint
- carrots
- celery





EWG's 2017

Shopper's Guide to Pesticides in Produce

 CUT ALONG LINE



INSTRUCTIONS:

1. CUT ALONG OUTSIDE LINE.
2. FOLD ALONG MIDDLE LINE.