



Anti-inflammatory Gut Healing Recipes

Vegetable Stock (Light - Hypoallergenic)

Ingredients

Scraps and peelings of
Onion peel (not too many)
Carrot peelings
Celery trimmings - strings, leaves
Ends of green beans
Corn cobs - Organic non GMO - (kernels removed)
Parsley stems
Broccoli stalks
Pea Pods
Dried herbs -
 ½ teaspoon dried thyme
 ½ teaspoon dried marjoram
 1 bay leaf
 8 peppercorns
 One 5 - 6 inch piece kombu seaweed

Directions

1. Place the vegetables and herbs in a large stock pot.
2. Add water four times the volume of the vegetables
3. Simmer for 35 - 40 minutes
4. Strain. Discard vegetable scraps

NOTE - This can be kept in the refrigerator if brought to a boil every several days. It can be frozen for longer storage.

Reference - Colbin, Annemarie. (1989). *The Natural Gourmet: Delicious Recipes for Healthy, Balanced Eating.* Ballantine Books. New York

Vegetable Stock (Hearty)

Ingredients

- ¼ pound dried white beans, soaked
- ¼ cup oil (olive oil, coconut oil)
- 5 large carrots, sliced
- 2 large onions, sliced
- 2 large leeks sliced
- ¼ pound mushrooms, preferably not too fresh , sliced
- 2 large cloves garlic, sliced
- 4 quarts water
- Herbs -
 - 6 sprigs parsley
 - 2 teaspoons chopped fresh thyme
 - ½ teaspoon crushed dried sage
 - 1 large bay leaf
 - 12 black peppercorns
 - 12 allspice berries
- 1 tablespoon brown rice vinegar
- ½ cup white wine, mirin or vermouth (optional)

Directions

1. At the end of this time the liquid should have reduced slightly
2. Remove the beans and add the vinegar and wine and simmer for another 30 minutes
3. Allow the stock to cool, remove the tied herbs and strain the stock through a sieve lined with cheesecloth
4. If the stock is not to be used immediately, store it in glass bottles in the refrigerator. When it is well chilled, skim the oil off the top if you wish



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drain the beans and tie them into a large square of cheesecloth to make them easier to retrieve later. Set aside

5. In a large soup pot, heat the oil and saute the vegetables over medium heat until wilted. Do not let them brown
6. Add the water, beans and the herbs. Bring to a boil, reduce heat and simmer, partially covered for 2 hours

NOTE - The stock will keep in the refrigerator for 2-3 weeks if it is brought back to a boil every few days, or for up to 3 months in the freezer.

Reference -

Colbin, Annemarie. (1989). *The Natural Gourmet: Delicious Recipes for Healthy, Balanced Eating*. Ballantine Books. New York



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Clear Broth with Garlic and Escarole

Ingredients

6 cups Light Vegetable Stock
3 to 4 inch piece kombu seaweed
2 large cloves garlic
1 tablespoon unrefined sesame oil
½ bunch escarole, washed in two changes of water
1 ¼ teaspoons sea salt
Freshly ground white pepper to taste
1 teaspoon toasted sesame oil

Directions

In a 4 - 6 quart stock pot, bring the stock and kombu to a boil, reduce heat, and simmer to 10 minutes.

Reference -

Colbin, Annemarie. (1989). *The Natural Gourmet: Delicious Recipes for Healthy, Balanced Eating.* Ballantine Books. New York

Collard-Miso Soup

Ingredients:

- 1 medium onion
- ½ pound collards
- ½ head garlic (about 6 to 8 cloves)
- 1 Tablespoon extra virgin olive oil
- 5 cups water or light vegetable stock
- ½ teaspoon sea salt or to taste
- 1 ½ tablespoons white miso diluted in ¼ cup water

Directions:

1. Slice the onion thinly lengthwise into crescents; set aside. Remove the stems from the collards and chop the leaves into bite-size pieces; set aside. Mince the garlic, set aside
2. In a 3 to 4 quart pot, saute the onion in the oil over medium heat for 5-6 minutes or until softened, then add half of the minced garlic. Saute 3 to 4 minutes longer
3. Add the water or stock, the salt and the collards. Bring to a boil, reduce heat, and simmer, covered, for 20 minutes. Add the rest of the garlic and the diluted miso and simmer for 1 minute more.
4. Taste and correct the seasoning and Serve

Reference

Colbin, Annemarie. (1989). *The Natural Gourmet: Delicious Recipes for Healthy, Balanced Eating*. Ballantine Books. New York