

POTASSIUM BROTH (enough for 2 days)

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| 5 | Potatoes, peels ONLY |
| 1lbs. | Carrots, roughly chopped |
| 1 | Onion, roughly chopped |
| 1 | Leek, roughly chopped |
| 1 bunch | Celery, roughly chopped |
| 1 bunch | Dark greens (spinach, kale, dandelion, etc.), roughly chopped |
| 2-3 bulbs | Garlic, roughly chopped (skins are ok) |
| 1 | Habanero chili pepper |
| to taste | Cayenne tonic |
| to taste | Bragg Liquid Amino for taste (optional) |

Place all ingredients into a large (2 gallon or larger) soup pot or, better yet, pressure cooker. Fill pot with enough purified water to cover ingredients by 1". Boil for half an hour. Cool, strain the liquid and discard the solids. Store the broth chilled, in large glass containers with tight-fitting lids (such as a half-gallon mason jar).