

POTASSIUM BROTH (enough for 2 days)

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).