



BURDOCK & ROSE

Castle Defense Nourishing Broth



Burdock & Rose ~ Hyperlocal Herbals ~ Grand Rapids, MI
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Burdock & Rose Castle Defense Nourishing Broth (Vegan, GF)

- Herbal infusion mixture: Red clover, Nettle, Oatstraw, Astragalus (2 sticks) -- approx. 2 cups dry herb total
 - 1 cup dry mushroom of choice -- Chaga, Reishi, Maitake or 1 TBSP powdered mushroom (MushroomHarvest online offers great mushroom blends)
1. Simmer herbal mixture and mushrooms SLOWLY in 6 qts of water for 20 minutes. Again, simmer, no boil.
 2. Let sit overnite for 12 hours. Long cooking/extraction time is needed to extract minerals. Strain & store in Ball Jars or containers and re fridge if you aren't making soup right away. Freezes well. Can also be sipped at room temperature as a nourishing infusion.

Nourishing Burdock Stew (Vegan, GF)

- Nourishing Broth as prepared above
 - 1 cup brown rice -- cooked, optional
 - 1 cup adzuki bean -- cooked, optional
 - 1 onion
 - 6 cloves garlic
 - 3 reg sized Burdock root
 - 3 carrots
 - Salt, pepper to taste, or even Parsley, Thyme, Sage and Rosemary.
1. Sautee onion, garlic, sweat Burdock & Carrots, then stir in cooked rice & beans (optional).
 2. Cover with prepared herbal broth. Simmer again for 20 minutes to meld flavors.
 3. Eat and savor this nourishing, nutrient dense soup.

***To prepare soup with the added immunity builder of bone broth (highly recommended for persons with significantly compromised immunity and also as general immunity builder during winter months)

Decoct herbal mixture and mushrooms as directed. In separate pot, sear soup bones (beef or chicken from healthy animals) in the pot to brown, along with the onion.

Pour prepared broth (herbs and all) over the searing bones. Bring pot to simmer. Add 2 TBSP of vinegar for a SECOND long, slow extraction of 12 hours or so on low heat. Add some water as needed as the broth reduces down. THEN strain. This will be your bone broth.

Finish recipe by sautéing your vegetables, adding in rice, beans. Simmer for additional 20 minutes for flavors to meld, serve.