

The background of the entire page is a collage of various natural ingredients. At the top, there are several small, light-brown seeds scattered across a dark grey surface. To the right, there are green leafy herbs. On the left side, there are more seeds, some of which are darker and more elongated. At the bottom, there are more seeds and some red, possibly dried, ingredients. The central text is framed by a thick red border.

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Immune Defense With Herbs

Bonus 5: Mushroom
Immunity Broth

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INGREDIENTS:

- 12 cups (6 quarts) water
- 4 large reishi mushroom slices
- 1 cups dried shiitake mushrooms or 2 cups fresh shiitake mushrooms
- 1 cup of dried maitake mushrooms or 2 cups fresh maitake mushrooms
- 3 slices astragalus root
- 1 red onion, roughly chopped
- 3 inches fresh ginger, roughly chopped
- 4 cloves garlic, roughly chopped
- 4 tbsp apple cider vinegar
- 3 tbsp red miso paste (white miso is also great)
- ½ cup packed fresh parsley
- 2 tbsp dulse flakes



SPICES:

- 1 tbsp dried oregano leaf
- 1 tbsp dried thyme
- 1 tbsp cumin seed
- 1 tbsp fennel seed
- 1 tbsp sea salt + more to taste
- 1 tbsp ground black pepper
- 1 tbsp turmeric powder



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INSTRUCTIONS

1. Add 6 cups water (1.5 quarts) to an 8-quart stock pot and set over medium-high heat. Add your reishi mushroom slices, shiitake mushrooms and maitake mushrooms and astragalus.
2. Simmer the liqui until reduced by 1/3 -- the cook time here varies but it generally takes 35-45 minutes.
3. Add the onion, parsley, ginger, garlic, oregano, thyme, cumin, fennel, sea salt, black pepper and apple cider vinegar to the mushroom broth. Add the rest of the water - 6 cups water (1.5 quarts). Simmer covered for 30-60 mins. You want the liquid to reduce by at least 1/4 and the vegetables to be meltingly soft.
4. Turn the burner off and let cool for 10 minutes before straining off the cooked plant-material into another large pot. Compost or dispose of the used plant material.
5. Add the turmeric powder, dulse, to the broth. Once the broth is properly cooled to a palatable temperature, add the miso paste (this preserves vital nutrients and living bacteria in the miso).
6. Store in large mason jars up to 1 week. Broth can be frozen for 1 month.

Note: to reserve the shiitake / maitake for eating strain off the mushrooms and remove the reishi slices from the cooked mushrooms.

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ABOUT JOVANKA

Jovanka Ciales is a Registered Herbalist, Executive Wellness Coach & nutrition educator.

The author of 3 books, Jovanka works with individuals and groups teaching how to use botanicals as safe treatments for many conditions. She offers workshops and speaking engagements in both English and Spanish.

ABOUT SOLANA WELLNESS

Solana Wellness is a company focusing on bringing knowledge about healthy living, nutrition and disease prevention to communities that need it the most.

In 2021 Solana will launch their first product, a supplement line for digestive health, sugar control and stress management.



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