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# Immune Defense With Herbs

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Bonus 5: Mushroom  
Immunity Broth

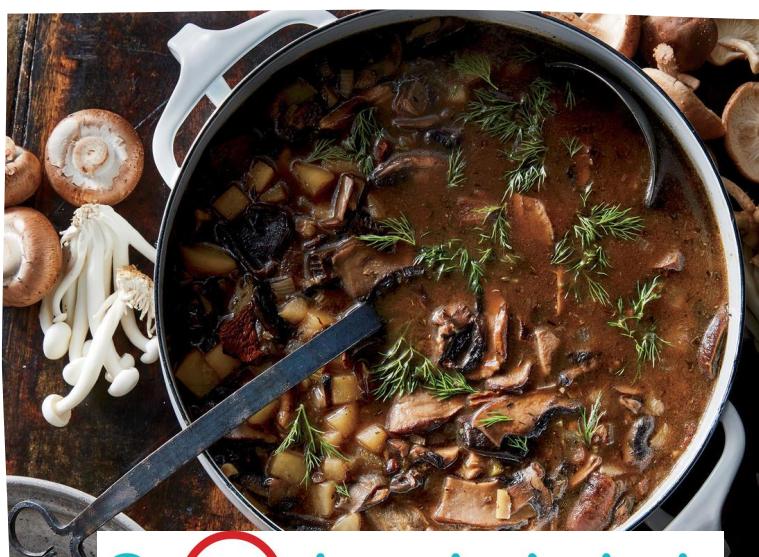
## INGREDIENTS:

- 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 Ciares 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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