

Bone Broth Immune-Enhancing Soup

INGREDIENTS

- 3–4 lbs organic bones (lamb, bison, beef, or poultry) — ideally organic, hormone-free, antibiotic-free
- 5–6 quarts filtered water, or slightly more as needed
- Fu zheng soup herbs: astragalus, shan yao, sheng di, gou qi zi, dang gui pian, *Rumex crispus* (yellow dock)
- 1 onion, peeled and quartered
- 4–6 cloves garlic, crushed
- 2 tomatoes, peeled, seeded and halved (or 2 tbsp tomato paste)
- 2 small potatoes, peeled and quartered
- ½–1 cup shiitake mushrooms
- 2–3 five-inch pieces kelp, kombu or alaria sea vegetable
- 2 tbsp balsamic, red wine vinegar, raw apple cider vinegar or lemon juice
- 2 bay leaves
- 1 tsp sea salt · 1 tsp black peppercorns
- 5 whole sprigs fresh parsley
- 1 tbsp miso (dark or light)

Optional: crushed ginger (1 tsp–1 tbsp), beets, celery, burdock root, carrots, kale or other seasonal vegetables · thyme, rosemary, basil, turmeric · 1 tbsp powdered immune botanical supplement.

PREPARATION

1. Preheat the oven to 400°F.
2. Rinse the bones and place them on a foil-lined tray.
3. Roast the bones uncovered until browned on all sides, turning every 20 minutes — about 1–2 hours depending on quantity. This step greatly improves the flavor, particularly with beef, bison or lamb.
4. Add the bones to a stockpot with 1½ quarts cold water, or enough to cover.
5. Bring slowly to a boil, then lower the heat until the soup is gently simmering.
6. Add the remaining ingredients through the sea salt. Simmer covered for 2–4 hours — the longer the better — adding water as needed to keep everything amply covered.
7. In the last 5–10 minutes, remove the bones. Add the parsley, miso and powdered immune botanical supplement, and stir well.

Vegetarian option. The bones may be omitted. The soup is still deeply nourishing, though less supportive for those with iron-deficiency anemia. For beef alternatives, many people use elk or lamb.

To serve. Aim for one to two bowls per day. The soup keeps in the refrigerator for five to seven days. The variations are infinite — choose vegetables in season, vary the herbs and spices, and use dark or light miso.