



# ANTI- INFLAMMATORY TURMERIC BROTH BOWL

## Serves 4-6

This bright, anti-inflammatory, immunity-boosting broth is beautiful as-is, but can be remixed with grains, pasta, beans, lentils, and vegetables.

## The Ingredients

- 1 shallot or small yellow onion, chopped
- 2 cloves garlic, minced
- 1 tsp EVOO
- 2 cups vegetable broth
- 2 cups filtered water
- 3 lemons, juiced
- 4-5 tbsp miso paste (taste and adjust! This is salty!)
- 2-3 inch piece turmeric root, peeled & minced
- 1-2 inch piece ginger root, peeled & minced
- Spices: ground turmeric, cayenne pepper, black pepper, a few shakes each to taste

## Toppings (Our favorites!)

- kale, about half a bunch
- 1 can great northern beans, rinsed
- 1 cup mushrooms, chopped
- 2 carrots, sliced

## The Method

1. Warm olive oil in a soup pan over medium heat.
2. Add shallots and garlic. Simmer until shallots are aromatic and translucent.
3. Add remaining ingredients (vegetable broth, water, lemon juice, miso paste, turmeric, ginger, spices) and stir to combine.
4. Taste and adjust spices as desired.
5. Mix in any toppings now.
6. Enjoy as-is or serve over black rice or your favorite grain.