

Break The **MOLD**

Bieler's Broth

RECIPE

BIELER'S BROTH

Ingredients (use only organic ingredients)

4 cups spring water
3 medium zucchini, coarsely chopped
4 stalks celery, coarsely chopped
1 pound string beans, tipped
1 bunch parsley, stems removed

THE END OF DR. BIELER'S INGREDIENTS

Optional additions for mold recovery:

Up to ¼ cup each of nettles, beet greens, or dandelion leaves.
(NOTE: Handle raw nettles with gloves to prevent stinging. Once cooked, they no longer sting.)
1-2 cloves garlic or ¼ cup chopped onions, or both (optional)
¼ cup olive oil or butter (optional)



In a large pot, sauté celery, zucchini, string beans, garlic, and onions in oil or butter for 5-7 minutes.

Add water, nettles, beet greens, and dandelion greens, and bring to a boil.

Boil for about 10 minutes or until all vegetables are bright green and tender.

Remove from heat and add parsley.

Use an immersion blender or food processor to blend until smooth.

Spice to taste using salt, pepper, or other desired spices.

Quoting Dr. Jillian Stansbury, **“use spices with wild abandon.”**

Another version of this recipe can be found in Nourishing Traditions by Sally Fallon.