

## **Bieler Broth**

This nutritious broth is helpful during acute illness or as part of a detoxification/cleansing program.

### **Vegetables Needed:**

2 medium zucchini

2 stalks celery

1 clove of garlic

1 cup green beans

Handful of chopped parsley

### **Directions:**

Chop 2 medium zucchini, 1 cup of green beans, and 2 stalks of celery. Place them into a steamer, and steam until soft (about 10 minutes). Place steamed veggies, 3 cups of steaming water (you may use the water from the steamer), and a handful of chopped parsley into a blender, and blend until smooth (about 1-2 minutes). If you like garlic, a clove or two may be added as you blend to help stimulate the immune system.

**Use caution:** Steam can cause the blender lid to pop off and the blender contents to “explode” when you start blending. Proceed slowly, and use a dishtowel to cover the blender until the blades are moving at the desired speed. If you have a variable speed setting on your blender, start the blades at the lowest speed setting, and gradually increase the speed.

**Yield:** 2-3 bowls