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DELICIOUS AND HEALTHY RECIPE: POTASSIUM BALANCE BROTH

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Based on physician Henry Bieler's 'Bieler Broth', this vegetable tonic provides an ideal combination of minerals for restoring acid-alkaline and sodium-potassium balance to the body's organs and glands.

Vegetarian, cleansing and perfect for the cooler months of the year. (Serves 4)

Ingredients

4 cups of spring or filtered water
4 medium zucchini, finely chopped
15 oz (425 grams) green string beans, roughly chopped
1 small bunch of parsley, stems and leaves roughly chopped
3 tomatoes, finely chopped
2 cloves of garlic
2 stalks of celery, finely chopped
1 tsp sea salt

Method

1. Put all ingredients in a pot. Bring to a gentle boil, lower heat and then simmer very gently for 30 minutes, with lid on.
2. Strain and use as a broth. Alternatively, leave vegetables in, or even blend to create a thicker soup.

Note

A particularly good adrenal tonic for stress-related conditions and general fatigue. A handy vegetable stock to use as a base in other recipes.

Taken from [The Food Matters Recipe Book](#).

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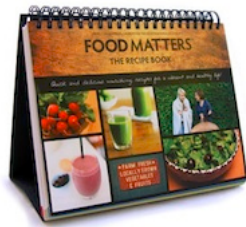
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7 comments


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Eva Stuart

I am not too sure about the amount of potassium in this broth since salt depletes your body of potassium. I think I would omit the salt all together and perhaps use some cayenne pepper instead. Otherwise it sound good and the photo does not match the recipe. :)


Reply · 1 · Like · Follow Post · Yesterday at 8:35pm



Barbara Loveless Moore · Certified Herbalist and Holistic Nutritionist. at Self employed

sodium is necessary to maintain the balance. use himalayan salt that has a mix of minerals, rather than just sodium.


Reply · 2 · Like · Yesterday at 8:39pm



May Pagaduan · Bainbridge High School

the recipe sounds great, is that what the soup is suppose to looks like?


Reply · Like · Follow Post · Friday at 1:58pm



Ruth Chege · Nairobi, Kenya

clearly the picture doesn't look like the receiped soup! kindly change it coz it brings confusion. but the ingredients mentioned are super.


Reply · 2 · Like · Follow Post · February 21 at 12:45am



Barbara Loveless Moore · Certified Herbalist and Holistic Nutritionist. at Self employed

the ingredients are all there, when I look at the pic. looks like there is some kind of garnish added though (the noodly looking thingies).


Reply · 1 · Like · Yesterday at 8:41pm



Betty Facciuto-mclaughlin · Hamden High School

I HAVE USED THIS BROTH BEFORE BUT WITH SOME DIFFERENT INGREDIENTS..


Reply · 1 · Like · Follow Post · February 20 at 6:39pm



Kari Gray · Wailuku, Hawaii

A delicious way to better health


Reply · 1 · Like · Follow Post · February 20 at 5:19pm



Kari Gray · Wailuku, Hawaii

The delicious way to better health!!!


Reply · Like · Follow Post · February 20 at 5:18pm



Beth Carey · Top Commenter

This broth sounds good but the picture may not go with the recipe...Looks like chicken, some noodles, and definitely some fat of some kind with it. Be prepared that it may not look the same if the picture isn't this soup....Maybe it is..


Reply · Like · Follow Post · February 20 at 5:11pm



Eleonor Albano Tabay · Divine Word College of Laoag

That's true, absolutely different....

Reply · Like · February 20 at 6:29pm



Sandra Storer · UMC

I was thinking the same thing about all the fat floating on the surface. Must be chicken in the soup pictured.

Reply · Like · 11 hours ago

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