**Chicken or Turkey bone broth recipe.**

Bone broth is an ancient remedy for many health complaints in many cultures around the world. In modern terms, it is recognised to be anti-inflammatory, highly nourishing and it greatly aids the gut lining to repair itself. It also helps to rebuild muscle and connective tissue when these are malnourished, through illness, old age, or weak digestion.

If your lifestyle or choices support the inclusion of bone broth, use the recipe below as a guideline.

As an alternative, good-quality chicken bone broth can be purchased – just make sure that it is organic. For example, The Brothery ships organic chicken bone broth with vegetables nationwide, from California. It costs about $4.50 per meal – see bonebroth.com for details.

**A do-it-yourself RECIPE:**
(It will be easiest to use a slow cooker to prepare the broth properly).

3-6 pounds of chicken or turkey bones. 2 onions, quartered (Optional). 4 celery stalks, cut into pieces. 2 large carrots, cut into chunks. 1/4 to 1/2 cup of apple cider vinegar. 1 tablespoon of good-quality salt.

Put the bones and vegetables into a slow cooker. Drizzle the vinegar over the bones, then add the water and salt. Cook on low for 24-48 hours. Strain out the solid ingredients and store the broth in the refrigerator for up to a week, or in individual portions in the freezer for up to six months.

The broth can be eaten on its own, or it can be combined with cooked vegetables, especially green vegetables, with your favorite spice mix. Bring it all to the boil, and simmer for 10 minutes.

Recipe and instructions adapted from “The Prime” by Kulreet Chaudary MD
Dhal: This is a simple and delicious recipe for dhal:

This recipe can also be followed for kitchari – just add 1/2 cup of basmati rice and 2 more cups of water to the mung dhal at the start.

1 cup mung dhal  
3 cups water  
1 tablespoon ghee  
- combine in the pressure cooker  
- cook for 3-4 minutes after the pressure has built up (OR cook in a saucepan for 20-30 minutes).

Steamed vegetables:  
Some chard, broccoli, green beans and zucchini etc. - steam until tender in a separate pot.

Spices (adjust to your taste):  
Whole spices:  
1 teaspoon cumin seeds  
1/4 teaspoon fenugreek seeds  
1/4 teaspoon fennel seeds  
1/4 teaspoon ajwan seeds  
1/4 teaspoon mustard seeds

Powdered spices:  
1/2 teaspoon ginger  
1 teaspoon turmeric  
1 teaspoon coriander  
1/2 teaspoon salt

Put the whole spices into a small bowl, and the powdered ones into another, so you can add them to the ghee at different times.

Heat one tablespoon of ghee in a pan. Heat it until the temperature is hot enough so that the seeds will pop when you drop them into the ghee. Let them simmer for a little while before dropping in the powdered spices. Let them cook for a minute or two, or until the aroma is noticeable. Don’t let them burn!

Combine the dhal, vegetables and spiced ghee, stir them gently together, and add a little lemon juice or lime juice.
Khichari

1 cups - Basmati Rice
2 cups - Mung Dhal
6 - 8 cups of Water

Ghee or olive oil for cooking the spices

**Spice Mix #1**

Cardamom
Fennel Seed – toast in ghee or oil
Cumin Seed – toast in ghee or oil Coriander
Cinnamon – a pinch
Salt to taste

**Vegetables – about 1 cup**

Cut vegetables into small bite size pieces. For leafy vegetables, slice into bite size pieces.

1- Place rice and dhal together and rinse several times. Drain and reserve.
2- Over medium heat (in the pan that you are going to cook the rice/dhal) add ghee or oil. Add cumin and fennel seeds (if using). Toast.
3- Add rice and dhal and stir.
4- Add other spices. Mix in gently. Add chopped vegetables. Stir.
5- Add water and bring to boil over high heat, stirring occasionally. Cover and lower heat, cooking until tender. About 30 minutes depending on if you use split mung beans or whole mung beans.
6- You want the Khichari to be like a stew – thick, but pourable.

**Note:**

You may need to add more water, depending on how much the mung beans and rice absorb. Tastes vary. Some people like it a little thinner, some a little thicker.
**Another Sample Recipe for Kitchari for lunch or dinner.**

Use organic ingredients as often as possible.

1/4 cup of Basmati Rice
1/2 cup of mung Dhal (split mung beans)
OR you can use whole mung beans if you prefer to (you will need to soak them beforehand, unless you are using a pressure cooker, which is very fast).
You can occasionally substitute other kinds of lentils for variety, if you prefer – but mung is the main basis, and is an excellent protein.
1-2 teaspoons of ghee or olive oil
2-3 cups of water
Salt to your taste (don’t overdo the salt!)
Spices:
Cumin (whole seeds), Cilantro (Coriander), Cardamom, Cinnamon, Turmeric, Nutmeg (small amounts) are all supportive, but you can add your favorite spices or spice mix, as well as these.

Vegetables that you like. Chop them up. (Try to use seasonal vegetables, fresh & organic if possible).
Especially good for this gut healing process are:
Cauliflower, Cabbage, Carrots, Fennel, Okra, Asparagus, Green beans, Green peas, Brussels sprouts, Broccoli, Kale, Bok choy, Celery, Garlic. Leafy greens such as Arugula, Chard, Spinach, Parsley.

Raw nuts and/or raw seeds (preferably soaked and ground up) can be added at the end of the cooking – chop the nuts up.
Good examples are:
Nuts: Almonds, Walnuts, Cashews, Pine nuts, Macadamia nuts.

Seeds: Pumpkin seeds, Sunflower seeds, Chia seeds, Ground flaxseed.

If you already know your Ayurveda body type or have taken the free gut/brain quiz at docgut.com then you can tailor your choices according to your type or nature.