

Astragalus Broth

Robyn Landis's and K.P. Khalsa's recipe in Herbal Defense was the original inspiration for this powerful recipe.

- 3 cups (750 ml) water or vegetable broth
- ½ cup (or to taste) vegebroth powder*
(or vegetable soup stock, if desired)
- 6 slices dried astragalus root
- 3 tablespoons dried garlic powder
or 10 cloves peeled fresh garlic

Place all ingredients in pot and simmer for two to three hours, covered.

To Use: If you feel you are getting sick make and consume the entire recipe. As a preventative take a cup or two during the week. If you use fresh garlic, eat it after the broth is done or as the broth is consumed.

*Available from Trinity Herb — see Resources

Immune-Enhancing Rice

- 8 slices dried astragalus root
- 4 cups (1 l) water
- 2 cups brown rice

Add astragalus to water, bring to boil, and simmer for 2 hours, covered. Remove from heat and let stand overnight. Remove astragalus, add water to bring back up to 4 cups (1 l), add rice, and bring to a boil. Reduce heat and simmer until done, approximately 1 hour. Use this rice as you would any rice, as a base for meals throughout the week.

