

CONGEE RECIPE for Gut Health and Immune Support

In a slow cooker, or large pot:

1 pound beef bones, chicken bones, meat or fish
(if you are brave, you can try naturally-raised beef liver or kidney, which are packed with nutrients)
2 tsps apple cider vinegar
(variants are fine, such as rice or white vinegar)
1-1.5 cups well-rinsed uncooked rice
(preferably brown, but white is okay as well)
Sliced ginger
Optional: add carrots, celery, root veggies, onion, garlic

1. Add all ingredients to slow cooker or large pot, and cover with water
2. Slow cook overnight on low or simmer in a pot for 3-4 hrs on stovetop.
3. Cut or rip strips of nori (dried or roasted seaweed) on top before eating for additional mucous membrane support
4. Enjoy 3-4 bowls per day (for any meal of the day including breakfast)

Note: If using organ meats, cover in a pot with water and bring to first boil, then dispose of water to remove strong taste/odour before adding to slow cooker