

FELLOWSHIP MISSIONARY BAPTIST CHURCH

4009 N. Missouri Avenue,
Portland, OR 97227
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Invites you to join the celebration for
Pastor & Lady Johnny Pack's
30th Pastoral Appreciation

Sunday, July 16th, 2017 at 3:00 pm

Theme:

"No Weapon Formed Against Thee Shall Prosper"
Isaiah 54:17

Guest: Goodwill Missionary Baptist Church,
Bishop Garry Tyson Seattle, WA



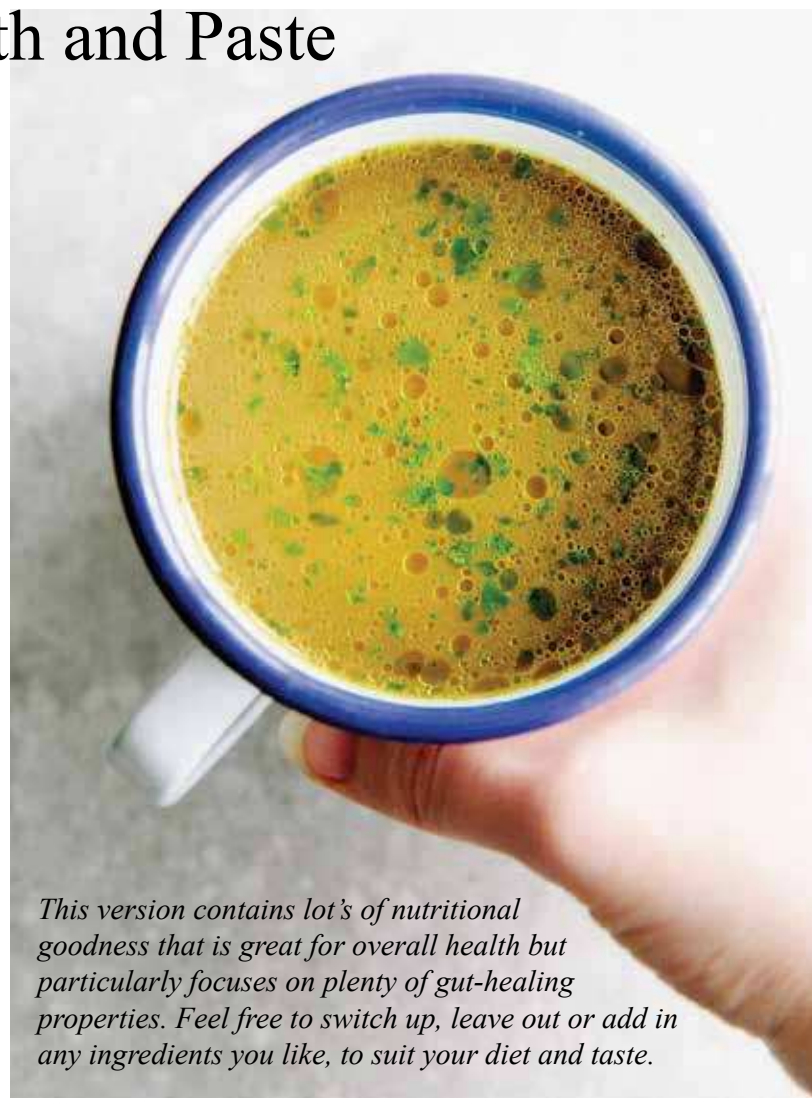
Reverend Jonathan Bolden, Chairperson
& Sister Anita Ball, Co-Chairperson
Dr. Johnny Pack IV, Pastor

FOOD

Vegan Broth and Paste

INGREDIENTS:

- 12 cups filtered water
- 1 tbsp coconut oil
- 1 red onion, quartered
- 1 garlic bulb, smashed
- 1 chilli pepper, roughly chopped (with seeds)
- 1 knob ginger, roughly chopped
- 1 cup greens such as kale or spinach
- 3-4 cup mixed chopped vegetables and peelings (such as carrot, red cabbage, fresh mushrooms, leeks and celery) *Note: keep peelings separate in a cheesecloth bag or large tea ball.*
- ½ cup dried shiitake mushrooms
- 30g dried wakame seaweed
- 1 tbsp peppercorns
- 2 tbsp ground turmeric
- 1 tbsp coconut aminos
- A bunch of fresh corriander or other herb (plus extra, to serve)
- 2 teaspoons food grade diatomaceous earth (for collagen substitute)
- ¼ cup nutritional yeast



This version contains lot's of nutritional goodness that is great for overall health but particularly focuses on plenty of gut-healing properties. Feel free to switch up, leave out or add in any ingredients you like, to suit your diet and taste.

INSTRUCTIONS:

1. Add everything but mushrooms, ginger and tumeric to a large pot. Bring to a boil then simmer, with the lid on, for about an hour.
2. Add mushrooms, ginger and tumeric and cook for another half hour, stirring a few times.
3. Once everything has been cooked down, strain the liquid into a large bowl.
4. Serve broth immediately with some fresh herbs, for decoration or cool for later. It also freezes well. *Note: shake/stir well before serving.*
5. Take out peelings to compost.
6. Osterize the vegetable solids into a paste. This can be eaten as well or used as a spread.

The main stars are:

- Wakame seaweed: Great source of omega 3 – one of the best for vegans, great for intestinal health, full of vitamins and minerals (particularly good source of iron, calcium, magnesium and iodine). Not suitable for SCD diets, leave out as necessary.
- Shiitake mushrooms: Gives the most amazing, comforting flavour. Full of vitamins and minerals (great source of vitamin D – especially if sun dried, zinc and B vitamins). Contains all essential amino acids. Prebiotic.
- Coconut oil or olive oil: Healthy fats with a good omega ratio that help absorb nutrients.
- Turmeric: Powerful anti-inflammatory plus adds delicious flavour and a beautiful colour.
- Spinach or kale: Full of vitamins and minerals (particularly high in Vitamins K, A and C, magnesium and calcium). Also a good source of protein and omega 3. Prebiotic.
- Coconut aminos: Mainly used for flavour but also gives the benefit of it's amino acids. May not be suitable for some diets as it's considered a sugar, so leave out if necessary.

A nutritious, gut-healing broth as a vegan alternative to bone broth. If you don't like or can't find any ingredients, don't worry. Add what flavours you like and try to get as much variety and nutritional goodness as you can.

Readers of all ages

and all walks of life

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