



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)HolistiC Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Rhubarb, Roots and Herbs

Ingredients:

- 1-2 cups Filtered Water, *cold*
- 1-10 Shitake Mushrooms, *diced*
- 4-5 stalks Rhubarb, *cut, washed, diced*
- 4 med Potatoes (or 7 Fingerling Potatoes), *washed, diced*
- 3 med Carrots, *sliced into coins*
- 1 large Fennel Bulb with Stem and Leaves, *unpeeled, chopped*
- 1 large Parsnip (or 2 Small Parsnips), *unpeeled, cut into coins*
- 1/3 small Purple Cabbage, *chopped*
- 1/2 small Red Onion, *diced*
- 1/2 small Red Bell Pepper, *diced*



Instructions:

1. Rinse all of the vegetables well.
2. Prepare vegetables according to instructions.
3. In a steamer, combine all the ingredients.
4. Fill the pot with 2-3 inches of water, cover with lid, and bring to a boil.
5. Steam for 10 minutes.
6. Remove from pot and add salt to taste.
7. Serve and enjoy!

Cook's Note: *You can create your own sauce or topping.*