



**Creative Juices  
Consulting**

## **Mushroom Stock**

**2 gallons of water**  
**1 oz dry shiitake mushrooms**  
**2 onions**  
**4 stalks of fennel**  
**4 carrots**  
**4 Tbsp tamari**

### **Instructions.**

**Clean and chop all vegetables.**  
**Cover with water/tamari mixture and simmer for 1.5 hours**  
**Strain mushrooms and discard**  
**Eat within 3 – 5 days**

**Adapted from a recipe featured on Dr. Andrew Weil's Website**