

Breakfast Jook

This is a great way to get all the nutrients you need in a delicious and great tasting “stew.” By cooking this Jook for 8 or more hours, you are helping your digestive system out by virtually “cooking” all the food and giving your body immediate nutrients. This soup is excellent for those who need to build their blood and regulate their temperature.

Feel free to add any organic vegetables that you desire, but remember, if they are leafy greens, you want to add them right before you eat them by wilting them gently in the jook, then enjoying.

Ingredients:

2-3 handfuls of white or brown rice (your choice)
5-quarter size slices of fresh ginger
2 carrots (cut into whatever style you desire)
6-8 cloves of garlic, outer skin removed and crushed
8 cups water/chicken/vegetable broth

Tools:

Crock Pot

Steps:

- 1) Put all the ingredients in the crock pot, including your bag of herbs--and turn it on low. Cover and cook for a minimum of 8 hours. (I like to turn it on high to boil, then reduce to low and cook for 8-15 hours. Adding more water if needed.) The longer it cooks, the thicker it gets—remember to keep adding water if it gets too thick.
- 2) Keep the jook refrigerated between meals. This can be kept up to 5 days by re-boiling before each meal.

Other options:

To add nutrients:

~When reheating you can add some fresh organic spinach or greens of your choice into the pot and let them wilt.

To thicken the jook:

~ Bring the jook to a boil then crack an egg into the mixture. Stir consistently for 60 seconds, then enjoy.

To make the soup warmer in cold weather:

~Add some cinnamon sticks to your jook to really warm you up!