

## Gluten

1 ½ c walnuts  
1/4 c rolled oats  
½ c yeast flakes  
1 ½ Tbsp. onion powder  
1 tsp. garlic powder  
1 c whole wheat flour  
2 c cold water  
2 c gluten flour

Blend walnuts and oats on high until ground. Pour into bowl and add flours and seasonings. Add cold water and quickly knead. Cut into a log shape, about 2" in diameter. Cut into 3/4" slices and drop into boiling Broth. Lightly boil 1-2 hours until done.

## Broth

10 c water  
1/2 c soy sauce  
1 ½ tsp. salt  
1 ½ tsp. onion powder  
1 ½ tsp. garlic powder  
2 tsp. McKay's chicken seasoning  
1/4 c yeast flakes  
1/2 tsp. Italian seasoning  
1 Tbsp oil  
1 tsp. sweet basil  
2 bay leaves

Stir all ingredients together in sauce pan. Yield 11-12 cups