



Vegetable Stock

Serves: 6 | Serving size: 1 cup

Ingredients Needed:

- 1 onion, chopped
- 2 large carrots, chopped
- 2 large celery stalks, chopped
- Optional additional ingredients:
- More vegetables such as mushrooms, leeks, tomatoes, green onions, pea pods, bell peppers, asparagus
- Herbs or spices such as thyme, parsley, basil, garlic cloves or powder, onion powder, or bay leaves.
- 8 cups of water

Directions:

1. Gather ingredients (about 6 cups of chopped vegetables). [Wash all vegetables](#) you have chosen for the recipe, including vegetable scraps, and fresh herbs.
2. Chop all vegetables to a roughly similar size. No need to peel vegetables if you prefer.

3. Put chopped vegetables in a large pot and add enough water to cover all the vegetables by about 1 inch, about 8 cups of water. If you use less water, the stock will be more concentrated; if you add more water, the stock will be more diluted. Cook stock on the stove over medium-high heat and bring it to a boil, once bubbles form, reduce heat to medium-low.
4. Simmer stock for 1 hour uncovered, stirring occasionally.
5. Once the stock is done cooking, take the pot off of the stove and strain stock from the vegetables using a colander over a large container or bowl. If you are not using the stock right away, you can divide it into smaller containers and freeze it.

Tips:

- Keep a large resealable bag in your freezer to put washed raw vegetable scraps in as you prepare food instead of throwing them out. Once the bag is full make a broth.
- Try to use an equal amount of each vegetable so your stock has a balanced flavor but you can use any vegetables you have on hand.
- Refrigerate for 3-4 days and freeze (for best quality) for 2-3 months.