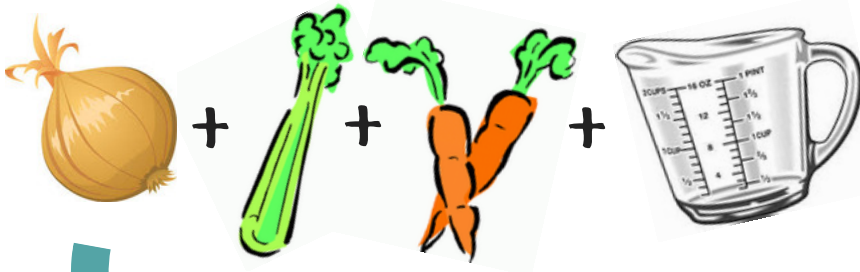


DIY Vegetable Stock



Basic Ingredients:



Optional Ingredients:

- Parsley
- Peppercorns
- Sea Salt
- Bay leaf
- Garlic clove
- Leek tops
- Veggie skins
- Kitchen scraps
- Carrot tops



Stock pot

2 c. onion
2 c. celery
2 c. carrot
enough water to
cover veggies

Yield: 2 cups of
broth.

1



Bring ingredients to boil.
Simmer on low 1-2 hours.

2



Allow to cool to
room temp.

3



Strain broth.
Discard solids.

4



Refrigerate in Mason jar
or freeze in ice cube tray.

Avoid these: Broccoli, Cabbage, Brussels Sprouts, Beets, Turnips, Zucchini