

# Garden Vegetable Broth & Stock

Serving Size: 12

Time: 1 hour 15 min. - 3 hours (depending on simmer time)

Difficulty: Easy

## Ingredients:

- 2 large carrots (including leaves)
- 2 stalks of celery (including leaves)
- 1 large onion
- 1 tablespoon olive oil
- 1 bunch of green onions, chopped
- 8 cloves garlic, minced
- 8 sprigs of fresh parsley
- 6 sprigs of fresh thyme
- 1 tablespoon peppercorns
- 1 teaspoon salt **\*(You can add salt if desired.** However, I usually wait and add salt as needed when using the broth rather than adding it to it.)
- 2 large bay leaves
- 2 quarts water
- Other possibilities based on the season include asparagus, corn cobs, fennel, bell peppers, peas, Swiss chard, squash, oregano, and basil.
- **Vegetables you may wish to avoid adding to your broth:** broccoli, Brussels sprouts, cauliflower, cabbage, eggplant, beets, and artichokes.

## Directions:

1. Wash your vegetables thoroughly and remove any soil or dirt. Then, chop them into medium-sized pieces.
2. For the most flavor, **begin by either roasting the vegetables or sautéing vegetables.**
3. **To roast vegetables:** Toss vegetables (not greens) with olive oil and put on a sheet pan. Place pan in 400°F (204°C) oven and roast, stirring once until golden brown and tender (about 45 minutes).

4. **To sauté vegetables:** Heat oil in the stock pot or pan over high heat. Add herbs and vegetables (not greens). Cook, stirring frequently, until the vegetables soften and begin to brown (5 -10 minutes).
  5. Add the vegetables and greens to a large stock pot, and cover them with enough water to fully submerge them.
  6. Bring the pot to a boil and then reduce the heat to a simmer. Let the vegetables simmer for an hour for vegetable broth or 2-3 hours for stock, stirring occasionally until the vegetables release their flavor and the broth turns a deep golden color.
  7. Once the broth or stock has finished simmering, remove it from the heat and let it cool slightly. Strain the broth through a fine-mesh strainer or cheesecloth to remove any solids.
  8. Once the broth has completely cooled, store it in airtight jars or containers with leak-proof lids and refrigerate for up to 1 week or freeze for longer storage (up to 6 months).
-