

Make your own vegetable broth

Homemade vegetable broth is a great way to use leftover vegetable scraps. Just throw them into a freezer bag and freeze. Once the bag is full, make a batch of broth to use in your next soup. And of course, a recipe is just a guide, feel free to modify this recipe based on the vegetables that you have on hand.

Basic Ingredients

- 1 large onion
- 2 carrots
- 2 stalks celery

Roughly chop vegetables and place in a stock pot with 8 cups of water. Season with:

- 2 bay leaves
- 1 Tbsp. soy sauce
- Sea salt
- Peppercorns

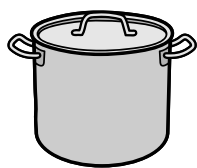
Add any additional vegetables you have on hand.

Optional Ingredients

- Mushrooms
- Parsnips
- Garlic cloves
- Parsley
- Leek tops
- Carrot tops
- Other veggie scraps

Avoid These

- Broccoli, Cabbage
- Brussels Sprouts,
- Beets, Turnips,
- Zucchini



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



Strain broth.
Discard solids.



Refrigerate for up to 5 days, or freeze
to use within the next 3 months.

Makes 2 quarts of broth.