

One Pot Vegetable Stock

3 Lg Onions, skin on, chopped
3-4 Carrots, trimmed, chopped
1 head of Celery, chopped
2 tsp Salt
1 tsp Pepper
2 TB Cooking Oil
3 cloves Garlic, minced
2-3 cups clean vegetable scraps (No foods from Brassica family- broccoli, cabbage, etc)
½ cup fresh chopped Parsley
2 sprigs fresh Thyme
1 Bay Leaf
12 cups Water

In a lg pot, add cooking oil, on med heat, and then add onions, carrots, celery, salt, and pepper. Cook 6-9 min or until vegetables start to brown.

Add garlic and cook for another minute.

Add additional vegetable scraps and herbs. Stir and cook 2 or 3 minutes until the herbs become aromatic.

Add water and raise temperature to med/high. Bring to a boil then reduce heat and cover. Let simmer 1 hour.

Remove lid and stir and taste. Add more salt and pepper to taste. Cook another 15 minutes.

Let sit for a few minutes then strain into a large bowl. Give scraps to chickens or a compost pile.

Transfer broth to fridge (keeps one week) or freeze in separate containers to use later for up to 6 months.

Great for using in soups, stews, casseroles and more.

