

VEGETABLE STOCK

½ Tbsp. olive oil

1 onion

2 stalks celery

2 carrots

3-4 garlic cloves

3 tomatoes

Any combination of other vegetables up to about 3 except potatoes and squashes

2 bay leaves

1 tsp. dried thyme

Couple parsley stems

½ tsp. black peppercorns

Rough chop all vegetables. Heat oil in a pot and add vegetables and sweat the vegetables to release their flavors. Cover with water and add herbs and spices. Bring to a boil and then turn down to a simmer. Simmer for about 45 minutes. Strain and use to cook grains, rice, vegetable soup, etc. Can be thoroughly chilled and then frozen.

Note: you can use peels from vegetables and vegetables that are turning. Great way to utilize the flavor of the vegetable that might be thrown out otherwise.