

# How to Make Vegetable Broth from Kitchen Scraps

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- Yield: about 3 quarts

## Ingredients

- 1 carrot, roughly chopped
- 1 ribs of celery, roughly chopped
- ½ onion, roughly chopped
- 4 cups of vegetable scraps
- 3 cloves of garlic, peeled
- one inch piece of fresh ginger, peeled and sliced
- 2 bay leaves
- a few sprigs of thyme or rosemary
- a handful of parsley or cilantro
- salt to taste
- 12–14 cups of clean water (I use about 3 ½ quarts)



## Instructions

Place everything in a large stock pot. Add water. Bring to a boil. Reduce heat and simmer (covered) for 1 hour. Turn off heat. Using tongs or slotted spoon, remove solids. Then strain through a mesh sieve. Store in airtight jar for up to a week. Or freeze in small portions for use later.

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## Notes

The carrots, celery, and onion can be sautéed beforehand to add a nice flavor.

All you need are some scraps from the kitchen. It's so easy and cheap to make. Just throw your vegetable scraps into a bag in the freezer until you have enough for a batch of broth. Then freeze broth in small portions for making the best soups and sauces EVER! No more buying broth at the grocery store.

There are no rules to what you can or cannot use. Little bits of cruciferous veggies (like cauliflower, broccoli, and kale) are fine but you might want to balance that with lots of sweeter vegetables like carrots and sweet potato scraps for a nice flavor.

Be sure to use only clean vegetables and scraps. Dirty, gritty broth is no good. And please use your common sense. If it's moldy, you don't want it in your broth.

## What to use in vegetable broth:

- any veggies that may have gotten a bit sad and wilted in the fridge
- carrot peels and small ends
- sweet potato peels and small ends
- celery ends and leaves
- onion and shallot skins
- green onion or leek ends
- mushroom stems
- small amounts of broccoli stems or kale stems

**What not to use:** Beet roots and onion skins should also be avoided, unless you don't mind your stock turning red or brown.