

Simple Vegetable Stock

Yield: 2 gallons | Prep Time: 10 min | Cook Time: 45–60 min



Purpose

Learn how mirepoix and kitchen scraps transform into a flavorful, versatile vegetable stock used as the foundation for soups and stews.

Ingredients

- Onion scraps – from 2–3 onions
- Carrot scraps – from 1½–2 lb carrots
- Celery scraps – from 1½ bunches
- Parsley stems – from 1 bunch
- Garlic ends – optional, from 1 bulb
- Bay leaf - optional, 1 each
- Cold water – 2 gallons
- Bragg’s apple cider vinegar – 1 to 1½ Tbsp



Directions

1. Place vegetable scraps into a large stock pot.
2. Cover completely with cold water.
3. Bring to a gentle simmer; do not boil.
4. Simmer for 45–60 minutes to extract flavor.
5. Strain and use immediately or cool and store properly.

Chef Ron’s Notes

Avoid boiling to keep flavors clean and vegetables from becoming bitter. This stock is best used within 3–4 days refrigerated or can be frozen for later use.