

Nourish Program's Vegetable Broth

Yield: about 8 cups

Amount:

2 lbs.
2 Tbsp.
1 tsp
½ tsp
8 cups

Ingredient:

Mixed vegetable scraps (2-parts onion, 1-part carrot, 1-part celery)
Fresh herbs (thyme, parsley, etc.) or 1 Tbsp Italian seasoning (salt free)
Kosher salt
Black pepper, ground
Water

Method:

1. Place vegetables, herbs and seasoning into an appropriate size pot
2. Cover vegetable with water (ratio of 2 water to 1 vegetables)
3. Bring mixture to a boil over medium heat, reduce to heat low and continue cooking until vegetables are soft, ~45 minutes.
4. Remove from the heat, strain, and let cool

Helpful Tips:

- Use almost any vegetable scraps. Avoid strong flavored vegetables like Brussel sprouts or cabbage.
- Store vegetable stock in airtight containers in the refrigerator for 4-5 days or in the freezer for up to 4 months.

Equipment Needs:

- Large pot
- Wooden spoon
- pitcher
- Chef knife
- Cutting board
- Non-slip padding
- Strainer
- Measuring spoon
- Storage containers