



Easy Vegetable Stock (Makes about 6 pints)

This recipe makes use of all those vegetable scraps that would normally go into your compost. Be sure to remove any bad spots and paper labels and discard those.

Place all scraps into a gallon zip bag and put in the freezer! Add to the bag each time you cook until the bag is stuffed full but will still close.

Cut scraps into 1" to 2" cubes to allow for greater surface area when making the stock. The greater the surface area, the more flavor that will be released during stock making.

Don't be afraid to add mushrooms, corn cobs...anything goes! Be aware that if you use beet roots, beet tops, or a large amount of red onion skins, your stock will have an odd purplish color that may not lend itself to all of your recipes. Leave out any items you have allergies to.

Ingredients:

Gallon sized bag of vegetable scraps from the freezer. Let thaw overnight in the refrigerator.

2 tablespoon olive oil

16 cloves garlic, minced

8 teaspoons parsley

6 teaspoons dried thyme

4 bay leaves

2 teaspoon salt (optional)

4 quarts water

Directions

Step 1 Combine water and oil in a large soup pot. Add veggie scraps from the zip bag and the spices and garlic.

Step 2 Add salt (if using) and bring to a boil. Lower heat and simmer, uncovered, for 30 minutes. Strain. Discard vegetables.

Divide into 6-pint containers and let cool completely in the refrigerator. Put a lid on each one, label each one, and freeze for up to 6 months!