

# DIY VEGGIE BROTH



## 1. One gallon bag frozen veggie scraps.

Save your scraps: onions, carrots, celery, leeks, stems of greens, herbs, shitake mushroom stems, peels of root vegetables. Avoid or minimize cruciferous veggies (broccoli, cauliflower); beets have a strong flavor and will discolor broth.



## 2. Dried or fresh herbs/spices

Depending on the veggie scraps in your bag, you can add garlic (if you like that flavor), and any other aromatics like coriander seeds, whole peppercorns, bay leaves, rosemary, parsley and thyme.



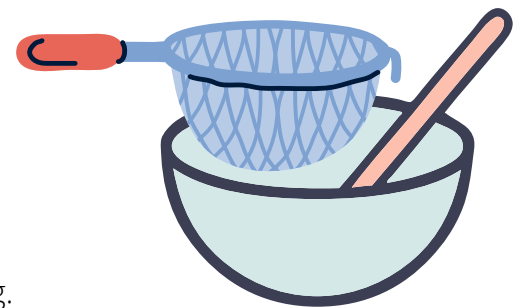
## 3. 6 quart stock pot

Put your frozen scraps in a large stock pot and cover with enough water for the scraps to move freely.



## 4. Cover and bring to a boil.

Reduce heat to a bare simmer, and cook for 1 hour, uncovered.



## 5. Strain.

After one hour, remove the pot from the stove. Cool slightly. Using a skimmer remove all the vegetables, or pour through a fine strainer into a bowl. You only want the liquid remaining.

## 6. Freeze.

Let the broth cool completely before transferring into containers, freezer bags, silicon cube trays. Thaw for soups. Use cubes in sautés for extra seasoning.



**SCRAPS:** Wilty veggies or greens from the fridge; carrot peels & small ends; sweet potato peels & small ends; celery ends & leaves; onion and shallot skins; green onion or leek ends; mushroom stems; small amounts of broccoli stems or kale stems; root veggie peels; winter squash peels; fennel ends