

## BASIC VEGETABLE STOCK

By DairyFreeGina

\*Vegan\* \*Dairy Free\* \*Gluten Free\*

*This stock can be used to make any soup, stew or other recipe calling for stock. Below, learn how I make my basic vegetable stock which is integral to all of my soup recipes.*

**What You Need:** Large soup or stock pot, vegetable scraps/peels, water to cover, seasonings/spices to taste.

**\*\*Vegetable scraps/peels** are just that. When you clean veggies to use for other recipes, save the stems, ends, peels to make stock. Put all in Ziploc bag and freeze until ready to use. My bag often contains ends/peels from carrots, parsnips, broccoli stems, celery stems and greenery, mushroom stems, onion skins, etc. Using peels/scraps from vegetables means you are not throwing good nourishment away, you are saving money, and you know exactly what your stock is made from.

**How to:** Fill pot with as many vegetable peels/scraps as will fit, fill with water and seasonings that you like (I use black pepper, garlic powder, other herbs I have on hand. Note: I do not cook with salt but you certainly can add salt if you choose). Turn heat on and bring to slow boil. Let simmer until you reach desired taste. When cool, strain and fill containers with your stock. Freeze or refrigerate and use as needed.