

VEGETABLE STOCK

BASIC:

- 1 GALLON COLD WATER
- 2 CARROTS
- 1 ONION
- 4 STALKS OF CELERY
- 1 TEASPOON WHOLE PEPPERCORNS

CAN ALSO ADD:

- CARROT PEELS.
- GARLIC PEELS.
- CELERY LEAVES.
- PULP FROM PUMPKINS.
- SQUASH PEELS.
- KALE STEMS.
- HERB STEMS.
- TOPS OF LEEKS.
- BEET PEELS.
- SPINACH STEMS.

POUR ONE GALLON OF COLD WATER INTO A LARGE POT. WASH AND ROUGHLY CHOP THE CARROTS, ONION, AND CELERY AND ADD THEM TO THE POT. ADD IN THE WHOLE PEPPERCORNS AND ANY ADDITIONAL VEGETABLE PEELS, SCRAPS ETC...

HEAT SLOWLY OVER MEDIUM HEAT - DO NOT RUSH AS THE SLOW HEAT IS WHAT BRINGS OUT THE FLAVORS. DO NOT BOIL. SIMMER FOR UP TO 3 HOURS. STRAIN OUT THE VEGETABLES AND PUT THEM IN THE COMPOST AS THEY DON'T HAVE MUCH FLAVOR NOW, IT'S IN THE LIQUID! STORE YOUR VEGETABLE STOCK IN THE REFRIGERATOR OR FREEZER.