

Make Your Own Vegetable Stock

Step 1: Save the odds & end of veggies, including peels, stalks & stems. If collecting over a few weeks, store in a freezer-safe bag in freezer until ready to use.



Step 2: Place veggies in a large stock pot & cover with water. Add salt, fresh herbs & spices (bay leaves, peppercorns, coriander, cloves, thyme, parsley) to season.



Step 4: Turn up the heat, bring to a boil, then simmer for at least 45 minutes. You may need to skim the top as it cooks.

Step 5: Taste & taste often! Once you're satisfied with the taste, remove from heat & let cool.

Step 6: Once cooled, strain & store in freezer safe containers. Refrigerate overnight before freezing.

