

# BASIC VEGETABLE BROTH

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Don't throw away those vegetable scraps! Use them to make your own delicious vegetable broth instead. It's easy and it's so much cheaper (and healthier) than buying broth ready-made or buying veggie stock.



Makes 1.5 litres (approx.)



Total Time: 1h 10min



Prep: 10min

## Ingredients

- 1 tablespoon olive oil
- 5 cloves garlic, minced
- 2 large onions, chopped
- 3 ribs celery, chopped
- 3 carrots, chopped
- 8 cups of water
- Add other veggie scraps or peeling that you have previously saved
- 2 bay leaves
- A few sprigs of parsley and fresh thyme
- Salt and pepper to taste

## Method

- Heat the olive oil in a large saucepan or stockpot over medium heat. Add the garlic, onions, celery, and carrots. Cook until softened, about 5 minutes, stirring often.
- Add the water, frozen vegetable scraps, bay leaves, parsley, and thyme. Reduce heat to low and simmer, partially covered, for 45 minutes. Pour the broth through a fine-mesh strainer into a large heat-proof bowl or pot; discard solids.
- Once the broth has cooled, transfer it to airtight plastic containers or freezer bags and store it in the freezer. (I usually freeze it in 2-cup portions so I don't have to thaw all the broth every time I use it.)

## Equipment needed:

Chopping board, knife, large saucepan, wooden spoon