

Basic Vegetable Broth

*Recipe makes 4 servings
Each serving = 1 vegetable
Makes about 4 cups.*

One of the best ways to make a flavorful vegetable broth is with saved vegetable trimmings from your cooking, adding enough water to cover. If trimmings are not on hand, follow this easy recipe.

Ingredients

- 1 large onion, roughly chopped
- 2 large celery stalks with leaves, roughly chopped
- 1 large tomato, roughly chopped
- 1 cup sliced white cabbage
- 1 cup roughly chopped greens such as chard, beet tops or spinach
- 4 garlic cloves, roughly chopped
- Large handful parsley sprigs
- 2 sprigs thyme
- 2 bay leaves
- 1 teaspoon each dried basil and marjoram
- 1/2 teaspoon paprika
- 8 cups water
- Sea salt and pepper to taste

Directions

1. Place all ingredients in a large soup pot and bring just to a boil over high heat.
2. Reduce heat to a very low simmer and cook, covered with a lid, for 2 1/2 hours.
3. Strain broth, discard vegetables and sprigs and keep refrigerated or frozen.

