

Homemade Vegetable Broth

Making your own broth at home helps to minimize food waste, save money, and allows you to be in control of what ingredients go into your broth. Store scrap vegetables in a container in the freezer to collect the ingredients for a basic vegetable broth. Adding fresh vegetables, herbs, and seasoning can help enhance or alter the flavor of your broth.

Choose the right vegetables.

Some vegetables give off a strong, bitter flavor or impart a strong color when put into broth.

- **Use:** whole onion, whole garlic, celery, carrot, leek, mushroom, parsnip, tomato, herbs
- **Avoid:** beets, potatoes, squash, radish, brassicas (cabbage, kale, sprouts, broccoli, etc.)

Ingredients

- Vegetables
- Water

Directions

1. Add vegetables to a large stock pot.
2. Cover completely with water.
3. Simmer for 1+ hours.
4. Strain out the solids.
5. Use for soup or store for later use.

Storing and Using your Broth

- Allow to cool before storing.
- Place in a heavy duty container.
- Label the container.
- Broth should last for about 1 week in the fridge.
- Broth should last for about 6 months in the freezer.
- If freezing, use a freezer friendly container. Avoid filling the container to the top.
- To defrost, place in the fridge a day before using.
- Use in soups, sauces, or as the liquid in any recipe that calls for it.

How to Make Soups

Recipe Template

- Heat 1 tablespoon of oil in a stock pot over medium heat.
- Dice base flavor ingredients, and saute for about 5 minutes (stirring often).
- Add meat protein (if using), and brown for about 5 minutes.
- Chop hard, fresh veggies (if using), and cook for about 5 minutes.
- Add seasonings of choice.
- Add liquid and bring to a boil. Reduce heat and simmer for 15 (plant protein) - 30 (meat protein) minutes.
- Add any cooked grains, soft veggies, and canned/frozen vegetables. Cook for 5-10 minutes.
- Add fresh herbs or aromatics (if using), and serve.

Choose ingredients from each column below to make your soup:

Base Flavor	Liquid	Vegetables	Protein	Whole Grain
<i>about ½ cup</i>	<i>about 4 cups</i>	<i>about 2 cups</i>	<i>about 1 lb</i>	<i>about 1 ½ cups</i>
Onion	Water	Onion	Beans	Brown Rice
Celery	Stock	Celery	Lentils	Pasta
Peppers	Broth	Zucchini	Turkey	Barley
Carrott		Tomatoes	Chicken	Farro
Garlic		Carrots	Pork	Quinoa
Ginger		Mushrooms	Beef	Toast
Tomato		Broccoli		
Lemongrass		Leafy Greens		
Seasonings				
Salt	Pepper	Cumin	Bay Leaf	Curry
Herbs and Aromatics				
Thyme	Parsley	Basil	Scallion	Oregano

Adapted from the "Soups Made Simple" Recipe Framework from Cooking Matters for Families.