

Vegetable Stock Recipe

Prep time: 10 mins

Cook time: 30 mins

Total time: 40 mins

Making your own homemade stock is a simple way to improve any soup or stew that you make.

Ingredients

- ½ tablespoon olive oil
- 2 medium onions, peel on, quartered
- 2 celery ribs, chopped, leaves included
- 4 medium carrots, chopped
- 2 cloves garlic, smashed with a knife
- a few sprigs of thyme, torn into pieces
- 2 bay leaves, broken apart
- a few whole black peppercorns
- ½ teaspoon sea salt, or to taste
- 10 cups water

Instructions

1. Heat the oil on medium heat in a stock pot. Add all the ingredients except the water and sauté for 5-7 minutes.
2. Add the water, cover and bring to a boil. Reduce heat to medium low heat and boil for about 30 mins.
3. Strain and use the broth as needed. Store in fridge for up to 2 days or freeze for future use.