

Vegetable Stocks and Broths

Winter 22

<u>Basic Veggie Stock:</u>	<u>Great vegetable & herb additions:</u>	<u>What to avoid:</u>
Celery	Fresh Sage	Kale
Onion	Celery root	Broccoli
Carrot	Leeks	Cauliflower
Fresh thyme	Fennel	Potatoes
Fresh bay leaf	Parsnips	Turnips
Fresh Parsley		Zucchini
Garlic		
Water		
Salt		

<u>Deep Flavor enhancers:</u>	<u>+ More Healing additions:</u>	<u>Create texture:</u>
Dried prunes	Burdock root	Chana dal
Nutritional yeast	Ginger root	Red lentils
Tomato paste	Turmeric root	Coconut oil
Lemon Grass	Sea vegetables	(immersion)
Tamarind	Dried mushrooms	Winter squash
Lemon		
Garlic		
Miso		
Peppercorns		
Dried mushrooms		

Make your vegetable stock // choose additional ingredients to create a rich broth:

Season the bottom of a large pot with a couple tablespoons of olive oil, himalayan salt and garlic powder. Caramelize veggies on med-high heat about 5 minutes. Start adding in water & a few dried prunes or dried mushrooms for richness and color. Bring to a simmer then place on low for 30-40 minutes. Don't stir! This will break down the veggies and cloud the stock. No need to over cook this. Let cool for a bit then strain into your chosen container. Lasts in the freezer 3 months and fresh in the fridge 7-10 days.

These above ingredients are ones I use frequently and found success. In developing flavor, texture and color outcome of the broth. The possibilities are endless! Cooking is for you to explore. Drink often. Use alone or in recipes. Great for cold winter days and preparing ahead of time.