

Vegetable Scrap Stock

Kitchen scrap: Vegetable scraps

Yield: 6 cups

Prep time: 10 min.

Cook time: 1 hr.

Ingredients

- An assortment of vegetables: garlic, corn, root vegetables, squashes, bell peppers, celery, and mushrooms are all good choices
- Salt and pepper to taste
- Water as needed
- Other seasonings, optional

Adapted from Tasty - Merle O'Neal

Directions

1. While cooking other recipes, place the tops, bottoms, skins, and stems from vegetables in a resealable bag. Place this bag in the freezer and continue contributing until it is full.
2. Empty the bag into a medium-sized pot and fill 3/4 of the pot with water – enough to make scraps begin to float.
3. Add salt and pepper. Rosemary, thyme, or bay leaves are optional seasonings that could also be added.
4. Bring the pot to a boil, then reduce to a simmer for 30-60 minutes to concentrate the flavor.
5. Using a strainer, drain the stock into a bowl.
6. Let stock cool to room temperature, a maximum of 30 minutes, unless using immediately.
7. Refrigerate stock up to 4 days, or freeze up to 3 months.

Notes:

Avoid adding brussels sprouts, broccoli, bean scraps, cauliflower, red onions, and peas.

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