

Homemade Vegetable Broth Recipe



Ingredients

1 pot of water (any size)

1 carrot, chopped roughly, or peelings from 2-3 carrots

1/2 onion, roughly chopped

1 stalk celery, roughly chopped, or tops & leaves of 3-4 stalks

1 handful each of the following optional add-ins: mushrooms, potatoes or potato skins, cabbage

Other optional add-ins: 1-4 cloves garlic, 2-3 bay leaves, herbs, tomato paste

1 teaspoon olive oil

Salt to taste

Instructions for Adults

Assist with supervision of safe knife skills and stovetop.

Instructions for Kids

- Prepare the carrot, onion, and celery and set aside in a large bowl. This combination of veggies is called a "mirepoix."
- Pour the olive oil into a large soup pot and heat over medium heat. Add the mirepoix to heated oil and saute for 5 minutes, until beginning to brown and soften. If using other vegetables, add them now and heat for an additional 2-3 minutes.
- Remove the pan from the heat and fill it with water, covering the cooked veggies. Return the pan to the stovetop and set the burner to medium high heat. If using bay leaves, herbs, or tomato paste, add them to the pot now. Allow the water to come to a full boil, then reduce the heat to a low simmer. In about 5 minutes, you'll have a lightly flavored stock that's ready to use as a base in other recipes.
- Use a slotted spoon or sieve to scoop out any bay leaves, if using. Add salt to taste.
- If you want a richer flavored broth, cover the pan with a lid and simmer for 45 minutes to an hour. Salt to taste.

Tip: you can add leftover carrot and potato peelings, celery leaves, and herbs to a plastic bag in your freezer as you use these veggies in other recipes. Grab a handful or two of these frozen ingredients to make a quick pot of veggie stock any time!

Mirepoix: this French term describes the combination of carrots, onions, and celery, a necessary blend of flavors that provides the base for many dishes, especially great broths and soups.

Your Sandwich Can Save the World! Food Literacy Curriculum

© 2021 Food Literacy Center. All rights reserved.

Do not copy or share without written permission.

Find more recipes at: www.foodliteracycenter.org

