

Veggie Broth

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Prep time: 30 minutes

Cook time: 2-3 hours

Yield: 16-18 cups

Ingredients:

- 1 gallon water (16 cups)
- 3 onions, quartered
- 4 celery stalks, cut into thirds
- 4 carrots, peeled and cut into thirds
- 4 garlic cloves, peeled
- 2-3 cups vegetable scraps*:
 - 1 tomato, quartered and seeded
 - 2 handfuls spinach leaves
 - 8 small asparagus stalks
 - 3 sprigs fresh dill
- Dried seasonings** to compliment any fresh herbs:
 - ¼ teaspoon dried basil
 - ¼ teaspoon dried parsley
 - Salt and pepper, to taste



Instructions:

1. Wash hands with soap and warm water.
2. Fill the bottom part of a steamer pot set with water. Gather vegetable scraps.
3. Wash all fresh produce prior to chopping. Add broth base (onions, carrots, celery, and garlic) to the top half of the steamer pot set.
4. Add vegetable scraps and dried seasonings to steamer pot.
5. Gently place the top half of steamer pot into the bottom part. Add additional water as needed to cover ingredients by at least two inches.
6. Cover and bring to a boil. Reduce heat and simmer for 2-3 hours.
7. Carefully remove top half of steamer pot from the veggie broth.
8. Place bottom pot in an ice bath for 15 minutes to cool. Use a skimmer to strain out any additional seasonings.
9. Store veggie broth in an airtight container in the refrigerator for up to 3 days.

To Freeze:

Allow broth to cool and place in freezer bag or food saver pouch. Carefully remove air from freezer bag before sealing or use a food saver vacuum. A glass freezer-safe container can also be used if the broth has completely cooled before freezing.

Tip: Divide broth into 1, 2, or 4 cup portion sizes. Use smaller freezer bags for smaller portions. Insert sandwich-sized bags inside coffee mugs and use a ladle to help prevent spills. Combine smaller bags in a gallon-sized freezer bag for easier storage.

Store frozen veggie broth in freezer for up to 3-4 months. Thaw in refrigerator overnight. According to the USDA, thawed leftovers should be used within three to four days. Reheat leftovers until internal temperature reaches 165°F on a food thermometer.

*Vegetables to Exclude from Broth:

- Starchy vegetables like potatoes, corn, pumpkin, and squash
- Beets
- Bok Choy
- Broccoli
- Cabbage
- Collard greens
- Kale
- Kohlrabi
- Hot peppers
- Rutabagas
- Turnips

**Alternative Seasoning Combinations:

- 4 bay leaves, ¼ teaspoon dried basil, ¼ teaspoon dried thyme, ¼ teaspoon ground sage, ¼ teaspoon dried parsley
- 4-5 sprigs fresh thyme, 2 bay leaves, 1 teaspoon dried parsley, salt and pepper to taste
- 2 bay leaves, 2-3 sprigs fresh parsley, 2-3 sprigs fresh thyme

Need more ideas? Check out this [food herb and spice chart](#) from PennState Extension.