

Homemade Vegetable Stock

CHAWC



Nutrients

Making your own vegetable stock is an excellent way to add micronutrients into your families meals, along with saving money and reducing kitchen waste. Vegetable stock is full of phytochemicals, antioxidants, and anti-inflammatories that help the body's immune system to ward off disease and illness. The stock includes a myriad of minerals and vitamins; and to think that what was going to end up in the garbage can actually help keep your family healthy! It is full of flavor, super easy to do, and will be a great addition to many of your recipes.



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Hack how to tips:

- Place vegetable scraps and trimmings in gallon baggies to be stored in freezer til ready to make your favorite recipe, can use fresh or frozen
- 2 of the gallon bags is enough to fill medium size crockpot or large stove pot.
- These can be added to throughout the week, can last in the freezer for about 1 month.
- Fill to the top with water and simmer on low for 2-4 hours.
- Use in place of other stock/broths in your recipes
- Strain out veggies in colander





Vegetables

ANY vegetables can be used when making stock.

You can even throw in vegetables from your refrigerator that are maybe a little past their prime for cooking or eating. Any packaged frozen veggies can also be added to make the stock.



Benefits

- Low calorie
- Nutrient dense
- Immune boosting
- Gut healing
- Prevent disease and illness
- Money saver/Reduce kitchen waste

Recipes

The vegetable stock can be used to make any homemade soup from chicken noodle to vegetable beef to split pea. The stock can also be used as the liquid for your homemade rice or quinoa along with stock for sauces. It can also be warmed as a drink to just get a power boost of nutrients, add in other spices or herbs for additional health benefits.



Tips

Vegetable stock can be stored in the refrigerator for up to one week. It can also be frozen and stored up to four months.

Let cool to room temperature before refrigerating or freezing.



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