

Vegetable Broth



Ingredients:

- 1 tablespoon neutral oil
- 1 medium onion (with skins, finely chopped)
- 4 cloves garlic
- 4 medium carrots (with skins, finely chopped)
- 4 stalks celery (finely chopped)
- 1-2 teaspoons each salt and black pepper
- 9-10 cups filtered water
- 1 cup chopped sturdy greens (kale, collards)
- 1/2 cup chopped fresh parsley
- 1 small handful fresh thyme or 1 tbsp dried
- 1 small handful fresh rosemary or 1 tbsp dried
- 2 whole bay leaves
- 4-5 tablespoons tomato paste

Directions:

1. Heat a large pot over medium heat. Once hot, add oil, onion, garlic, carrots, and celery. Add 1/2 tsp each salt and black pepper and stir to coat. Saute for about 5 minutes or until softened and slightly browned, stirring frequently.
2. Add water, greens, parsley, thyme, rosemary, bay leaves, and another 1/2 tsp sea salt and black pepper and increase heat to medium high until the mixture comes to a boil. Once boiling, reduce heat to a simmer and add tomato paste. Stir to combine and loosely cover (with the lid cracked).
3. Continue cooking for at least 30 minutes, preferably 45 minutes to 1 hour. The flavor will deepen the longer it cooks.
4. Near the end of cooking, taste and adjust flavor as needed, adding more herbs for herby/earthy flavor, salt for saltiness, pepper for a little spice, or tomato paste for “umami” and depth of flavor.
5. Let cool slightly before pouring over a strainer into another pot. Then divide between storage vessels. Let cool completely before sealing. Store in the refrigerator up to 5 days or in the freezer up to 1 month (sometimes longer)