

# Quick & Easy Vegetable Broth

## Ingredients

- 1 medium onion (with skin), chopped in large pieces\*
- 2 large garlic cloves (with skin), smashed with side of knife\*
- 2 bay leaves
- ¼ teaspoon dried thyme or parsley
- 1 tablespoon black peppercorns
- 9 cups water
- 2-3 cups of vegetable scraps – try carrot peels, onion and garlic skins, celery stalk ends, bell peppers and mushrooms (If you don't have any veggie scraps, use 2 chopped carrots and 2 chopped celery stalks instead)
- 1 teaspoon salt



\* Wash the onion and garlic well under cool, running water to remove any dirt

## Directions

1. Add all ingredients to a large pot over high heat. Cover pot loosely with a lid.
2. Once water comes to a boil, turn heat down to medium-low, stir, and cover with lid. (If you are chopping other veggies while the broth is cooking, continue to add any veggie scraps to the pot.)
3. Cook on medium heat for 10-20 minutes. (If you have the time, you can let the broth simmer for up to 45 minutes, to give it more flavour.)
4. Carefully pour the broth into a fine mesh strainer over a large pot or heat-proof bowl. (Discard the solid veggie pieces left behind.)

**Makes 8 cups of broth**

## Tips

- Collect veggie scraps each day as you cook. Make sure the veggies are washed well before you peel them, to remove any dirt. Store scraps in freezer for making broth.
- If you are using this recipe to make soup, you might need to add another teaspoon of salt. Always taste the broth at the end of the recipe before you add more!
- Use this broth in Healthy Start's "Corn, Bean & Squash Soup" recipe. Find the recipe at [www.hsmm.ca/recipes](http://www.hsmm.ca/recipes)

