

# Homemade Vegetable Broth



Broth is a great way to use leftover vegetables.



Use fresh or dried herbs to change the flavor of the broth.



Simmer for up to one hour for more flavorful broth.



**Preparation time:** 10 minutes | **Cook time:** 40 minutes | **Cost:** \$2.25

## Ingredients:

- 2 teaspoons **oil**
- 1 cup **carrots**, chopped
- 1 cup **celery**, chopped
- 1 cup **onions**, chopped
- 1 cup **potatoes**, chopped
- 3 **garlic cloves**
- 1 tablespoon **dried herbs** like rosemary and thyme
- 1 teaspoon **black pepper**
- 1 teaspoon **salt**
- 10 cups **water**
- 2 tablespoons **tomato paste** (optional)

## Directions:

1. Heat oil in a pot over medium-high heat. Add vegetables and garlic. Cook for 5 minutes.
2. Add herbs, pepper and salt. Stir to mix.
3. Add water. Add tomato paste, if using. Stir to mix.
4. Cover pot with a lid. Bring to a boil.
5. When broth boils, reduce heat to medium-low. Simmer for at least 30 minutes.
6. Allow to broth to cool slightly. Strain broth through a strainer or colander. Store in the refrigerator for 1 week or in the freezer for up to 1 year.

Makes 8 cups of vegetable broth

**Use broth to make soup or to cook rice.**

