

# Homemade Veggie Broth

## Wholesome Homemade Vegan Food

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### Ingredients include:

Veggie scraps

Water

Salt & pepper

Herbs (fresh or dried)

Nutritional yeast

Keep in mind you can add or substitute any ingredients of your choice!



This recipe incorporates scraps of veggies you would otherwise dispose of or compost! Making homemade broth is an amazing way to save money on your grocery bill, as store bought brands are priced around \$2-7 a carton.

Typically I make veggie broth when I have scraps from another dinner that involves a variety of vegetables. If I only have small scraps of veggies, I tend to freeze those scraps when I have enough to boil. I also store the broth in sealed mason jars, and refrigerate.

Start by making sure all your scraps are cleaned and do not have stickers on them from the store. Scraps can include the skins of veggies, the peels of an onion or garlic, apple core, stems of peppers, celery leaves, tomato ends, and branches of herbs such as rosemary, thyme or parsley. Mix them into a very large pot that has a lid. Add 6 cups of water and let boil without the lid. After the pot boils for a minute, bring to a simmer and add the lid. Let the broth steep for about 15 minutes or more. Add any seasonings such as salt, pepper, turmeric, cinnamon, dried herbs, & don't forget to add a sprinkle of nutritional yeast - as this provides B vitamins, protein and fiber.

### In order to store your broth:

You must start by cleaning your glass jars and lids. Once the broth has finished, strain the liquid broth in a metal mesh strainer. Be sure to strain twice if any solid particles get through the first strain. While the broth is still hot, funnel the broth into your jars & seal with their appropriate lids. Be careful touching the glass jars as they will become very hot from the broth. Let cool and store in the back of the refrigerator.