

VEGETABLE BROTH



**Time Required:
80 Minutes**



Servings: 4

INGREDIENTS:

- 4 fresh carrots, chopped
- 2 celery stalks
- 10 -12 cups water
- 2 medium onions, each cut in half
- Small bunch of thyme (optional)
- Small bunch of parsley (optional)
- Available seasonings for strained broth (ex. salt, black pepper, garlic powder, etc.)

STEPS FOR COOKING:

1. Pour all ingredients into a large pot and bring it to a boil.
2. Once boiling, reduce the heat, cover the pot, and allow it to simmer for 1 hour.
3. Strain the liquid and season as you like.
 - a. Use the vegetables in other recipes.

Recipe Source: <https://www.loveandlemons.com/how-to-make-vegetable-stock/>

WIC Foods:

- Carrots
- Celery
- Onions

Pantry Foods:

None for Vegetable Broth, but
Animal Protein Broth:

- Ham (cook before adding)
- Chicken (cook before adding)

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