Easy Homemade Vegetable Broth

**Ingredients**

- 1 tablespoon oil
- 5 cloves garlic, minced
- 2 onions, chopped
- 3 stalks celery, chopped
- 3 carrots, chopped
- 8 cups water
- 2-3 cups vegetable scraps *

*Vegetable Scraps:*

- Vegetable scraps are all the parts of the vegetables that you commonly throw away such as the vegetable skin, root, tips, or any trimmings that are removed.
- Collect scraps in a freezer bag and once you have 2-3 cups worth, you can use them for making broth. It might take a week or two of collecting scraps before you have enough to make a broth with.
- You can use any kind of vegetables and herbs, but you will want to stay away from veggies like broccoli, cauliflower, cabbage, and Brussel sprouts. Examples of vegetable scraps:
  - Onion and shallots – skin/peel, top, root end
  - Garlic – skin/peel, any trim
  - Carrots – skin/peel, root, tips
  - Celery – any and all of it
  - Tomatoes – skin, seeds, flesh, pulp, tops
  - Mushrooms – any and all of it
  - Herbs – stems and leaves

**Prep: 5 minutes**

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**Instructions**

1. Heat the oil in a large pot over medium heat. Add the garlic, onions, celery, and carrots and cook for about 5 minutes, or until softened.
2. Add the water, frozen vegetable scraps, and any additional seasonings here. Reduce heat to low and simmer for 45 minutes.
3. Pour the broth through a strainer into a large bowl or pot and discard the solids. If you don’t have a strainer, you can also hand scoop the solids from the broth.
4. Salt and pepper to taste.
5. Once the broth has cooled, transfer it to airtight containers or freezer bags and store in the freezer.

**Cook Time: 25-30 minutes**

**Tips:**

- Freeze the broth in small portions so that you don’t have to thaw all the broth every time you want to use it.
- Add extra herbs such as fresh parsley, thyme leaves, rosemary, and bay leaves to the broth in addition to the vegetable scraps for extra flavor

**Uses:**

- Use as a base for soups, dressings, or gravy’s
- Use as a liquid base for pasta and casserole dishes
- Use as a liquid to cook grains such as rice
- Use to reheat dishes such as pastas and stir fries so that they don’t dry out in the microwave