

# Making Stock



Making stock is a great way to use leftover vegetable scraps, bones, and fish. Stock is highly nutritious and can be consumed by itself or used as a base for a variety of recipes. Homemade stock is much healthier than store-bought bouillon or broth, because it is higher in nutrients and lower in salt.

## Food scraps you can add to your stock:



- meat bones



- carrot, celery, broccoli, onion, or garlic stems & leaves



- vegetable & potato peels



- Fish heads & bones, shrimp, crab, or lobster shells

## Freeze & store for later

Stock is easiest to make in large batches and then freeze for later use. Look out for any vegetable scraps, meat bones, or fish leftovers in your kitchen, and freeze them in a large plastic bag or other sealed container until you're ready to make stock.

## Vegetable Stock



Makes: about 3 quarts Total Time: 1-3 hours

### Ingredients:

- 5 to 10 cups vegetable scraps (onion peels and ends; root vegetable and leafy greens stems; broccoli or cauliflower cores; any peels or other scraps)
- 1 to 2 cups herbs & aromatics (herbs and stems, garlic peels & cloves, green onion stems, leek scraps, etc)
- 4 quarts water

### Directions:

1. Wash all scraps, herbs, and aromatics and place in a large (6qt or larger) pot or slow cooker.
2. Cover with water and bring to a boil.
3. If using a slow cooker, set to low, cover and let simmer overnight. If using a stove top, reduce heat to med-low, cover and let simmer for at least 40 minutes, up to 2-3 hours.
4. Let cool for 30 minutes and then strain. Stock can be refrigerated for up to 1 week, or frozen in small containers for up to 6 months.

