

# Vegetable Broth

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Why spend the bucks on buying broth when you're throwing away the gold?

Discarded ends and peels of vegetables make a wonderful, hearty broth. When making broth, we don't worry about bits of unsightly critter bites or woody ends. We use them to make a nourishing, mineral-rich broth.

When choosing discarded bits for broth, however, make sure you are *not* including anything moldy, soft, or rotten.

If you don't have time or enough cuttings to warrant taking the time to make a broth, toss what you have into the freezer to be used the next time you make vegetable broth.

Some people choose to add fresh or previously frozen egg shells from cage-free chickens to boost calcium as well.

## SUPPLIES

Large stock pot

Jars with lids for storing broth

Strainer

8 cup measuring bowl

## INGREDIENTS

Use vegetable cuttings from meal preparation, fresh or frozen, or a mixture of both.

## DIRECTIONS

1. Use cleaned, non-spoiled vegetable cuttings. Put all cuttings into a stock pot.
2. Add water to cover and bring to a boil.
3. Boil for 20-30 minutes, until all root vegetable ends are soft.
4. Strain in batches, storing as you go.
5. For the last strain, allow to drain until all drippings are collected.
6. Store in quart jars, leaving more than an inch for the liquid to expand when frozen.
7. Cool in the fridge overnight before storing in the freezer to prevent rapid cooling and cracking the jars. ( I note this because I've done it, more than once.)