

# Vegetable Broth

## Utensils

- 1 Large pot for cooking
- 1 Cutting board and 1 knife for preparing vegetables
- 1 Wooden spoon or spatula for sauteing and mixing

## Ingredients

Water

Fat

Olive oil or butter

Aromatics, finely chopped

Onions (including tops, skins, scraps, etc.)

Carrots (including tops, etc.)

Celery

Garlic cloves

Seasonings

Salt

Pepper

Thyme

Parsley

Rosemary

Bay leaf

Optional additional flavorings

Tomato paste

Nutritional yeast

Optional additional greens

Kale

## Ratios

1 medium onion, finely chopped ~ 2 cups

5 stalks celery, finely chopped ~ 1 ¼ cup

4 medium carrots, finely chopped ~ 1 ¼ cup

Dash salt and pepper : ½ clove (or 1tbsp) garlic : 1 cup vegetables : 2 cups water

1 tbsp nutritional yeast : 1 tbsp tomato paste : 2 cups water

## Directions

1. Heat a large pot over medium heat with fat. Once hot (if using oil, melted if using butter), add aromatics, salt and pepper. Stir to coat. Sauté until softened and slightly brown, stirring frequently (about 5 minutes).
2. Add water, other greens, seasonings, another round of salt and pepper, then increase the heat to medium high until boiling. Once boiling, reduce heat to a simmer and add nutritional yeast and tomato paste. Stir to combine and cover loosely with a lid.
3. Continue cooking for at least 30 minutes, up to an hour.
4. Taste and adjust flavors as needed.
5. Once at desired flavor, remove from heat and let cool slightly before straining vegetables and pouring them into other containers. Let cool completely before sealing.

## Notes

- However many cups of water used is the amount of broth made.
- Using scraps such as onion skins adds more nutrients to the broth.
- Ways to get a stronger flavor:
  - o Use a cup less water (ex: 3 cups of vegetables should use 6 cups of water. Instead, use 5.)
  - o Add more seasonings, tomato paste, nutritional yeast
  - o Cook longer
- Flavor profile
  - o Umami: tomato paste, nutritional yeast
  - o Earthy/herby: spices

## Nutrition

Dependent upon exactly which ingredients are used because this is a flexible recipe.

Serving: 1 cup

Calories: 45

Carbohydrates: 5.5g

Protein: 2.6g

Fat: 2g

Sodium: 480mg

Fiber: 2.1g

Sugar: 1.7g

Vitamins present:

A – Carrots, leafy greens

B – Nutritional yeast

C – Tomato paste, onions

Potassium – Carrots, celery

Magnesium – Leafy greens, herbs

Antioxidants – Garlic, onions

Fiber – Nutritional yeast

### Cost

Based off of prices at Walmart for a recipe that makes 10 servings.

<b>Ingredient</b>	<b>Price in store \$</b>	<b>Price per serving \$</b>
White onion, 1	1.14	0.144
Garlic head, 1	0.72	0.024
Carrot, 1 lb bundle of whole	1.32	0.066
Celery, bundle of stalks	1.97	0.049
Salt, 26oz iodized	1.67	negligible
Pepper, 1.5oz ground	2.44	negligible
Tomato paste, 4.5oz tube	3.43	0.172
Nutritional yeast, flakes	5.12	0.073
Rosemary, leaves	4.58	0.01
Parsley, flakes	4.58	0.01
Thyme, ground	2.78	0.01
Bay leaves	2.98	0.01
<b>TOTAL</b>	<b>32.73</b>	<b>0.57</b>