

2 tablespoons safflower oil

1 lg onion, sliced

carrot, sliced (with greens)

1 stalk celery, sliced (w/grns)

tomato, cubed

potato, cubed

turnip, sliced (peel if waxy)

1 cloves garlic, halved

2 quarts plus 1 cup water

bay leaf

1 lg sprig parsley

1/2 teaspoon black pepper

In a stock pot, heat oil. Add onion, celery, tomato, potato, turnip, and garlic. Cook until vegetables are tender, about 10 minutes. Add remaining ingredients. Cover, bring to a boil, reduce heat, and simmer 1 hour. Strain stock and discard the vegetables, bay leaf, and parsley. Stock may be used immediately, refrigerated for 3-4 days, or frozen for up to 1 month.