

Homemade Vegetable Stock



- 2 Tbl **tomato paste**
- 2 tsp **low-sodium soy sauce** (optional)
- 5 cups **vegetables** or **vegetable scraps** (can be frozen)
- **Black pepper** to taste
- 3 cloves **garlic**, smashed
- 1/2-3/4 cup **fresh herbs** and stems (parsley, thyme, sage) or 2-3 Tbl dried herbs
- 1 **bay leaf** (optional)
- 8-10 cups **water**

Refrigerate homemade stock for up to a week or freeze for up to a year.

1. Add all ingredients to a large pot. Stir to combine.
2. Cook, over high heat, until it boils.
3. Once boiling, lower the heat to low and continue cooking for 1 hour.
4. Turn off the heat and allow the stock to cool for a half an hour.
5. Carefully, strain stock through a fine strainer and divide into freezer safe containers.

Makes 8 cups of stock

Use this flavorful vegetable stock to make soup, stew or even rice.



Ripe Vegetables



Soft cucumbers, peppers, green beans or radishes? Make quick refrigerated pickles.

Cut vegetables into sticks or slices and add to a glass jar. Pack in as many as you can into one jar. Mix **3 cups water + 6 Tbl vinegar + 1-2 Tbl salt + 1-2 tsp additional spices** (dill, garlic, mustard seed, cloves or peppercorns) This recipe makes about 3 1/2 cups of liquid, enough to fill 3 small jars. Add liquid to fill jar and refrigerate. Marinate overnight. Pickled vegetables will last for 1-2 months in fridge.



Wilted greens? Add into a soup or vegetable stir-fry.



Wilted herbs? Add to your favorite soups or sauces.



Mushy tomatoes? Cook into a simple pasta sauce.