Make Your Own Vegetable Stock

Step 1: Save the odds & end of veggies, including peels, stalks & stems. If collecting over a few weeks, store in a freezer-safe bag in freezer until ready to use.

Step 2: Place veggies in a large stock pot & cover with water.

Step 3: Add salt, fresh herbs & spices to season. Bay leaves, peppercorns, coriander, cloves, thyme & parsley are great options.

Step 4: Turn up the heat, bring to a boil, then simmer for at least 45 minutes. You may need to skim the top as it cooks.

Step 5: Taste & taste often! Once you're satisfied with the taste, remove from heat & let cool in kitchen sink filled with ice water.

Step 6: Once cooled, strain & store in freezer safe containers. Refrigerate overnight before freezing.

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