



Basic Vegetable Stock

Serves: 1.5 ml Active Time: 30 minutes Total Time: 2 hours

Ingredients:

- 4 carrots peeled and chopped
- 2 small potatoes peeled and chopped
- ½ head celery, chopped
- 2 large onions, chopped
- 1 leek, white and green parts, chopped
- 3 to 6 cloves garlic, peeled
- 1 tsp black peppercorns
- 2 bay leaves
- 1.75 liters water
- ¼ cup sun-dried tomatoes
- 1 small handful of fresh parsley
- Few springs of thyme

Direction:

- Add all ingredients to a large stockpot.
- Bring to a boil and lower heat to simmer.
- Gently simmer, uncovered for 1 hour
- To finish the stock, allow to cool for 15 to 20 minutes
- Place a fine mesh strainer over a medium bowl.
- Pour the stock into the strainer.
- If not using immediately, quickly chill or freeze and store until ready to use.

