

Quick and Easy Vegetable Stock Recipe

This is a basic recipe that gives you a workhorse stock in minutes. The stock relies on just three main ingredients but can be customize according to whatever you have.

Yield: Makes about 2 1/4 Litres

Ingredients:

2 medium carrots peeled and roughly diced

2 stalks celery, roughly diced

1 large onion, roughly diced

2 medium cloves garlic, smashed

Sprigs of fresh parsley, thyme and/or a bay leaf

Directions:

Fill a large pot with 2 ¼ litres of water and add carrots, celery, onion, garlic and herbs. Bring to a low boil over high heat, then reduce to a simmer and let cook for at least 20 minutes and up to 40. Strain and use as needed.

Notes: In this recipe the specific vegetables used and the amounts called for don't need to be strictly followed. Carrots, onion and garlic, at the very least are needed. Celery is good to add as are leeks and fennel if you have them. No need to measure the water exactly either. Just cover the aromatic vegetables with a generous amount of water and this stock will come out fine.

Adapted from www.seriousseats.com/recipes/2015/11/quick-and-easy-vegetable-stock-recipe.html