

Food Babe's Homemade Vegetable Stock



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	1 hr	1 hr, 5 mins	4

<https://foodbabe.com/homemade-broth>

Ingredients:

- 1 tablespoon coconut oil
- 1 yellow onion, chopped
- 2 carrots, chopped
- 4 celery stalks, chopped
- 1 ⅓ tablespoons garlic cloves, peeled
- 4 scallions, chopped
- 6 stalks fresh parsley
- 6 stalks fresh thyme
- 2 bay leaves
- ½ teaspoon sea salt, to taste
- 8 cups filtered water

Instructions:

1. Heat the oil in a large pot over medium heat.
2. Add all of the ingredients except the salt and water. Cook for 5-7 minutes, stirring often.
3. Add the salt and water and bring to a boil. Cover and turn the heat down to a simmer and cook for 45-50 minutes or until the liquid is reduced by almost half. (Alternatively, you can make this in a slow cooker on low for 8-16 hours)
4. Strain the liquid into a glass jar to store. You can store the stock in the refrigerator for up to 3 days or in the freezer for up to 3 months.

Notes:

- Please choose all organic ingredients if possible.