

EASY VEGETABLE SCRAP BROTH

Use up your peels, scraps, ends, stems, and stalks!

No matter what you cook, you're likely to produce some amount of food waste. Peels, roots, stems, ends, and skins are often viewed as the "unavoidable" waste of cooking, however there are many ways these pieces and parts can be transformed into new and exciting dishes! One beginner-friendly use for these items is homemade vegetable broth.

"Before composting or discarding vegetable scraps from ingredients you're already using, turn them into amazing homemade vegetable broth! This is an easy, sustainable practice with no special equipment or skills needed. Great for beginners," says community member, Stephanie Swanberg, who shared the below process for making stock.

GETTING STARTED:

As you cook, toss your clean vegetable scraps in a freezer bag or container. Below is a list of commonly used vegetables for making broth:

- Peelings from root vegetables (carrots, parsnips, rutabagas, turnips)
- Stems from robust leafy greens (kale, collard greens, etc.)
- Outer leaves of cabbage
- Root ends of any allium (onions, leeks, garlic cloves)
- Stems from broccoli, cauliflower
- Stems from fresh herbs (parsley, rosemary, thyme)
- Celery



Note: Some people suggest avoiding cruciferous vegetables, like broccoli or cauliflower, because they can give your stock a bitter taste. You can try any combination of vegetables and adjust the amounts to your liking.

INSTRUCTIONS:

- Once your freezer container or bag is full of vegetable scraps (between 4-5 cups), add them to a 5-quart stock pot over high heat, along with 10-12 cups of water.
- Bring the stock to a boil, then cover and reduce the heat until the broth is simmering. Simmer for 4-6 hours, stirring once an hour, until the broth is brown in color and the scraps are soft and have begun to lose their color.
- Turn off the heat and let the broth cool down for up to 2 hours.
- Once cooled, place a sieve on the top of your broth container(s) and pour the pot contents through the sieve to separate the broth from the scraps. Discard or compost the vegetable scraps!
- The broth can be refrigerated for 3-4 days or frozen in freezer-safe containers for several months.