



# Vegetable Broth

Makes: 5.5 L (22 cups)

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6	carrots, unpeeled and chopped	6
4	onion, unpeeled and chopped	4
6 stalks	celery, chopped	6 stalks
3 cups	mushrooms, sliced	750 mL
6 cloves	garlic, smashed	6 cloves
½ bunch	parsley, chopped	½ bunch
1 ½ tsp	dried thyme	7 mL
1 ½ tsp	peppercorns	7 mL
4	bay leaves	4
24 cups	water	24 cups

## Instructions

1. Place carrots, onions, celery, mushrooms, garlic, parsley, thyme, peppercorns, and bay leaves in a large pot. Add water.
2. Cover and bring to a boil.
3. Lower heat and cook on low for 1 hour.
4. Cool slightly. Strain stock through sieve into large bowl, pressing vegetables to extract liquid.

*Tip:* Recipe can be doubled and the unused portion frozen for later use. Let the broth cool down, measure, and pour into plastic containers or freezer bags.

### Nutrition Information

Not available

### Food Guide Servings

Does not contribute towards Food Guide Servings