



Vegetable Stock

Prep time 30 minutes

approximately 2 quarts
1 cup each: chopped into big pieces and washed
onions with skin, celery tops and bottoms, carrots*

Seasonings:

1 bay leaf

1/4 cup each:

parsley, thyme, black peppercorns

Cover all ingredients with

2 quarts COLD WATER

Bring to a boil, reduce heat and simmer gently for 30 minutes. Strain through mesh strainer.

Use at once or cool and package, then freeze.