

# Homemade Vegetable Stock

Courtesy of: [www.thebetterhomelife.com](http://www.thebetterhomelife.com)

## Ingredients:

- 3 quarts of water
- Leafy tops from one bunch of celery
- 1-2 large carrots, quartered
- 2 medium onions, peeled and halved
- 1 teaspoon whole peppercorns
- 5-6 garlic cloves, peeled and smashed
- 2 teaspoons sea salt
- Fresh herbs of your choice (cilantro stems, a small bunch of thyme, parsley, green onion tops, a bay leaf etc...) Optional

## Instructions:

Place all of the above ingredients in a large stock pot. Bring to a boil. Reduce the heat and simmer for 1-2 hours. Strain out and discard the vegetables. A mesh strainer works best to make a nice clear stock. Season as desired and use in your favorite recipes.