

# Homemade Vegetable Stock



## How To Make Vegetable Stock From Kitchen Scraps

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### *Why make your own:*

- Super Simple to Make
- Economical
- Waste-Free
- Customizable

### *What you'll need:*

- Kitchen Scraps and Water
- Stock Pot
- Strainer/Funnel
- Jars/Containers for Storing

# Homemade Vegetable Stock Tips



## Tip #1:

**What vegetables are used in vegetable stock?** The three main vegetables are onions, carrots, and celery. This is based on the “holy trinity” of flavors known as mirepoix in French cooking. You want to have a balance of these flavors. The ratio of ingredients in mirepoix is 2 parts onion to 1 part carrot and 1 part celery. Since we are using kitchen scraps, this ratio is flexible. You just want some of each. You can also use scraps other than these, depending on what’s in your kitchen. For example, I often have onions and carrots but not celery, so I will use kale and broccoli stems instead.

## Tip #2:

**What vegetables should *not* be used in vegetable stock?** Because stock is a base, we want a neutral flavor and golden color that will enhance any dish. Therefore, skip beet peelings and red cabbage which can turn the stock red. Save garlic and strong herbs, like rosemary, which can overpower the other flavors, for the compost. And leave out bitter and starchy scraps like brussels sprouts and potato peelings. The other thing you don’t want in your stock is dirt, so give the veggies a scrub before peeling. Also, fresh vegetables make for a nice clean flavor.

## Tip #3:

**Where do I get vegetable scraps?** This is the easy part! When you are preparing a dish, simply save the scraps. I store mine in a plastic bag in the refrigerator where they stay fresh for about 2 weeks. If you make stock less often, store them in the freezer. They will happily wait for you there until you’re ready. If you don’t have any scraps but want to make vegetable stock, use onions, carrots and celery with 2 parts onion to 1 part carrot and 1 part celery. Adding a leek top and a handful of fresh parsley will add flavor as well.

## Tip #4:

**How do I make vegetable stock from scraps?** This is the other easy part. Take all your vegetable scraps and put them in a stockpot. Pour water, enough to cover, over the scraps. This is typically the same ratio of water to scraps. If I have 6 cups of scraps, I use 6 cups of water. Bring the mixture to a boil and then reduce to simmer. Simmer for 1-2 hours and then turn off the heat. Let the stock cool completely. (I usually let mine cool overnight to let the flavors intensify.) Pour the stock through a fine-mesh strainer into a large bowl and compost the cooked scraps. Transfer the stock to jars and store in the fridge for a week or the freezer for up to 6 months.

## Ingredients for 6 cups of scraps:

- 1 yellow onion, skin on, and rough chopped
- 1 leek top, rough chopped
- 2 carrots, peeled or rough chopped
- 2 celery ribs with leaves, rough chopped
- A handful of parsley stems and leaves
- 6 cups (1,420 ml) of water or enough to cover the vegetable scraps

## Equipment:

- Stock Pot
- Strainer
- Funnel
- Jars/Containers for storing

# Vegetable Stock Steps 1-2



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## *Step One:*

Gather six cups of vegetable scraps or chopped veggies. You can use frozen scraps straight from the freezer.



## *Step Two:*

Add the scraps to a pot with 6 cups of water, or enough water to just cover the veggies.

# Vegetable Stock Steps 3-5



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## *Step Three:*

Cover and bring to a boil. Reduce to simmer and continue to simmer for 1-2 hours.

## *Step Four:*

Turn off the heat and let cool completely. (I usually let mine cool overnight to let the flavors intensify.)



## *Step Five:*

Pour the stock mixture through a fine-mesh strainer into a bowl, pressing all the delicious flavor out of the cooked scraps.

# Vegetable Stock Step 6



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## *Step Six:*

Funnel into clean jars and store in the fridge for a week or in the freezer for up to 6 months.

Some delicious recipes to try using homemade vegetable stock:

[Hearty Chickpea Noodle Soup](#)

[Creamy Celeriac Soup](#)

[Roasted Pumpkin Soup](#)