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# Sustainable Vegetable Broth

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## Vegetable Broth

Eating a plant-based diet already helps you to be sustainable, but you can take it a step further. Vegetable scraps can be used to create a hearty, homemade vegetable broth. Utilizing vegetable scraps is an easy food prep and helps with your food budget.

### Benefits:

#### Great source of fiber

- Fiber can help normalize bowel movements, lower cholesterol, and control blood glucose levels.

#### Antioxidants

- Antioxidants found in vegetables can protect cells damaging free radicals that increase your risk of cancer, heart disease, cognitive decline, and vision loss.

#### Good source of nutrients

- Vegetable broth contains many minerals and vitamins like calcium, magnesium, phosphorous, vitamin A, C, E, and K. These nutrients will optimize the brain, help with body function in daily activities, avoid osteoporosis and bone fractures.

#### Anti-inflammatory

- Can soothe inflammation such as in throat, stomach, and ease pain due to inflammation.



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## Vegetables Scraps for Broth

Make sure vegetables are free of rot and dirt.

The most common additions are:

- Onions – skins and leftovers
- Garlic – skins and leftovers
- Carrots – peels, green tops, and whole
- Celery - tops and bottoms
- Mushroom – tops and stems
- Leeks
- Scallion tops
- Tomatoes - including trimmed ends, split cherry tomatoes, or bruised soft ones
- Turnip peels
- Fresh or dried herbs – including stems



If you're feeling creative, you can try including the following:

- Bell peppers, cabbage, corn (and spent corn cobs), kale, Swiss chard, zucchini or summer squash, peas, green beans, Bok choy, shallots, beet greens, and eggplant.

## Basic Recipe

Collect and store the kitchen scraps in a large, sealed freezer bag until ready to use. Do not include anything rotten or moldy in your collection.

### Instructions:

1. Heat some olive oil in a large Dutch oven or stockpot over medium heat
2. Add the vegetable scraps and also enough water to cover them. Season with bay leaves, parsley, and thyme. Cover, reduce heat to low, and simmer for 45 minutes to 1 hour
3. Pour the broth through a fine mesh strainer into a large heat-proof bowl or pot
4. Discard solids or utilize for compost
5. Once the broth has cooled, transfer it to airtight containers or freezer bags and store in the refrigerator for two to three days or in the freezer