

Vegetable Stock

INGREDIENTS

- 2.75L COLD WATER
- 1 TABLE SPOON COCONUT OIL
- 1 MEDIUM RED ONION (QUARTERED)
- 1 BULB GARLIC (DIVIDED INTO CLOVES, PEELED AND SMASHED)
- 1 RED CHILLI (WITH SEEDS. ROUGHLY CHOPPED)
- 1 THUMB SIZE PIECE OF GINGER OR 1 TABLESPOON MINCED GINGER
- 1 CUP SPINACH LEAVES
- 1 CARROT (ROUGHLY CHOPPED)
- 1 CUP BUTTON MUSHROOMS (QUARTERED)
- 1 TABLESPOONS WHOLE BLACK PEPPERCORNS
- 2 TABLESPOON GROUND TURMERIC
- 1 BUNCH PARSLEY
- 1/2 CUP NUTRITIONAL YEAST FLAKES (OPTIONAL)

METHOD

- PLACE ALL INGREDIENTS IN A STOCK POT. MAKE SURE ALL INGREDIENTS ARE SUBMERGED IN THE WATER.
- BRING TO THE BOIL, THEN REDUCE HEAT TO A HIGH SIMMER FOR.
- COOK COVERED FOR 1 HOUR.
- DRAIN AND STORE THE STOCK IN THE FRIDGE FOR UP TO 3 DAYS, OR THE FREEZER FOR UP TO 3 MONTHS.

NOTES:

- DRINK VEGETABLE STOCK AS A WARM BEVERAGE.
- USE AS A BASE FOR OTHER RECIPES.
- PUREE VEGETABLES AND FEED TO INFANTS 4 TO 12 MONTHS.

PREP TIME: 15 MINUTES

COOK TIME: 1 HOUR

YIELDS 2L



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