



How to Make Vegetable Stock



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



135 min.

SERVINGS



10

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce mushrooms dried
- ☐ 4 Tbsp olive oil
- ☐ 4 cups onion chopped
- ☐ 2 cups celery chopped
- ☐ 3 cups carrots chopped
- ☐ 1 cup fennel bulb chopped
- ☐ 10 servings salt
- ☐ 2 large garlic cloves smashed (can leave skins on)

- ☐ 1 Tbsp tomato paste
- ☐ 1 Tbsp rosemary fresh
- ☐ 2 teaspoons thyme leaves dried
- ☐ 1 teaspoon peppercorns black
- ☐ 4 bay leaves
- ☐ 0.5 cup parsley chopped

Equipment

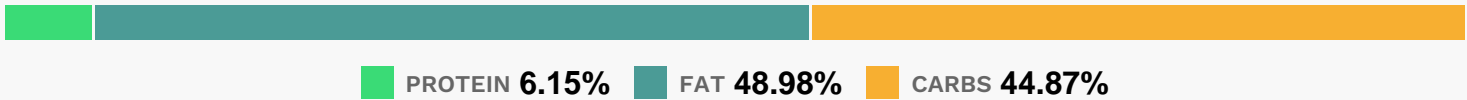
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ skimmer

Directions

- ☐ Place the dried mushrooms in a large bowl and pour 1 quart of boiling water over them. Set aside.
- ☐ Brown the onions, celery, carrots, fennel:
- ☐ Heat the olive oil over high heat in a large stockpot.
- ☐ Add the chopped onions, celery, carrots, and fennel (if using) and stir to coat.
- ☐ Sprinkle with salt. Cook over high heat for several minutes, stirring only occasionally.
- ☐ Given that there are so many vegetables, and they have a high moisture content, it may take more heat and longer time to brown than you would expect. Cook until the vegetables begin to brown.
- ☐ Add garlic and tomato paste:
- ☐ Add the garlic and tomato paste and stir to combine. Cook, stirring often, for 2–3 minutes, or until the tomato paste begins to turn a rusty color.
- ☐ Add the mushrooms and their soaking water, the rosemary, thyme, onion skins (if using), peppercorns, bay leaves, parsley and 4 additional quarts of water.

- ☐ Bring to a simmer and then drop the heat until you just get a bare simmer. The surface of the stock should just barely be bubbling. Cook for 1 1/2 hours.
- ☐ Strain the stock: Using a spider skimmer or slotted spoon, remove all the big pieces of vegetable and mushroom. Discard or compost.
- ☐ Set up a large bowl or pot with a sieve set over it. Line the sieve with a paper towel or coffee filter and pour the stock through it.
- ☐ When you have about half the stock poured through, stop, let what's in the strainer filter through, and change the paper towel; the old one will be gunked up with debris. Filter the rest of the stock.
- ☐ Pour into jars and chill or freeze: To store, pour into glass jars and refrigerate for up to a week, or freeze. If you freeze in glass jars, leave at least an inch and a half of headroom so the stock can expand without breaking the glass of the jar.

Nutrition Facts



Properties

Glycemic Index:32.18, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:12.733043470946%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 7.05mg, Apigenin: 7.05mg, Apigenin: 7.05mg, Apigenin: 7.05mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 13.19mg, Quercetin: 13.19mg, Quercetin: 13.19mg, Quercetin: 13.19mg

Nutrients (% of daily need)

Calories: 102.29kcal (5.11%), Fat: 5.89g (9.07%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 8.97g (3.26%), Sugar: 5.44g (6.04%), Cholesterol: 0mg (0%), Sodium: 258.46mg (11.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.33%), Vitamin A: 6813.37IU (136.27%), Vitamin K: 73.62µg (70.11%), Vitamin C: 13.41mg (16.26%), Manganese: 0.27mg (13.66%), Fiber: 3.18g (12.73%), Potassium: 358.04mg (10.23%), Folate: 35.21µg (8.8%), Vitamin E: 1.29mg (8.59%), Vitamin B6: 0.17mg (8.45%), Iron: 0.96mg (5.35%), Calcium: 52.4mg (5.24%), Phosphorus: 48.88mg (4.89%), Magnesium: 18.69mg (4.67%), Vitamin B1: 0.07mg (4.57%), Vitamin B2: 0.07mg (4.31%), Copper: 0.08mg (4.23%), Vitamin B3: 0.78mg (3.92%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.33mg (2.2%), Selenium: 0.97µg (1.38%)