



Vegetable Stock



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 1 teaspoon peppercorns whole black
- ☐ 8 ounces mushrooms halved (baby bella)
- ☐ 2 large carrots peeled cut into 1" pieces
- ☐ 10 celery stalks cut into 1" pieces
- ☐ 1 small fennel bulb cut into 1" pieces
- ☐ 6 sprigs flat parsley
- ☐ 1 head garlic halved

- ☐ 1 tablespoon olive oil
- ☐ 2 medium onion unpeeled cut into 1" pieces

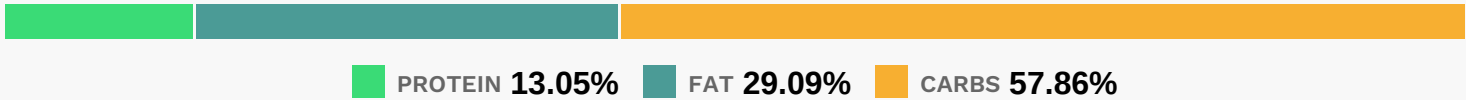
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat oil in a large stockpot over medium-high heat.
- ☐ Add remaining ingredients and cook, stirring occasionally, until vegetables begin to soften, 5–7 minutes.
- ☐ Add 4 quarts cold water. Bring to a boil; reduce heat and simmer until stock is reduced by half, 1–1 1/2 hours.
- ☐ Strain stock through a fine-mesh sieve into a large bowl; discard solids. DO AHEAD: Stock can be made 3 days ahead.
- ☐ Let cool completely, then cover and chill, or freeze for up to 3 months.
- ☐ And Two Ways To Use It
- ☐ Udon Soup
- ☐ Simmer stock with finely chopped fresh ginger and a splash of reduced-sodium soy sauce until flavors meld, about 15 minutes.
- ☐ Add frozen corn and peas and drained cooked udon noodles. Cook soup until vegetables and udon are heated through. Weeknight Poached Fish
- ☐ Simmer stock with fillets of flaky white fish, like halibut, and with quick-cooking vegetables, such as diced mushrooms or shredded cabbage, until fish is just cooked through. Caraway seeds among plates.

Nutrition Facts



Properties

Glycemic Index: 69.21, Glycemic Load: 4.64, Inflammation Score: -10, Nutrition Score: 17.941739108251%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 3.53mg, Apigenin: 3.53mg, Apigenin: 3.53mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Nutrients (% of daily need)

Calories: 113.52kcal (5.68%), Fat: 4.05g (6.24%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 13.17g (4.79%), Sugar: 7.68g (8.54%), Cholesterol: 0mg (0%), Sodium: 70.62mg (3.07%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin A: 6273.1IU (125.46%), Vitamin K: 73.27µg (69.78%), Manganese: 0.53mg (26.64%), Vitamin C: 18.91mg (22.92%), Potassium: 695.16mg (19.86%), Fiber: 4.96g (19.86%), Vitamin B2: 0.3mg (17.61%), Vitamin B6: 0.3mg (15.07%), Copper: 0.3mg (14.9%), Vitamin B3: 2.95mg (14.76%), Vitamin B5: 1.24mg (12.38%), Folate: 49.05µg (12.26%), Phosphorus: 122.31mg (12.23%), Selenium: 7.08µg (10.12%), Vitamin B1: 0.12mg (7.96%), Calcium: 78.75mg (7.88%), Vitamin E: 1.15mg (7.69%), Magnesium: 30.38mg (7.59%), Iron: 1.3mg (7.24%), Zinc: 0.72mg (4.77%)