

Homemade Vegetable Broth

Homemade broth is more flavorful than store-bought, it is free to make, uses leftovers you already have, and reduces the waste from packaging.

Our FoodPrints Teacher, Ms. Fineran, is going to show you how she uses her vegetable scraps to make vegetable broth. She uses her homemade broth in all of the soup she cooks. In our last edition of FoodPrints Anywhere, we had a whole section about [making your own soup](#). Now, you will be able to make your own broth for your very own soup. **Let's get started!**

Step 1: Collect your vegetable scraps

In the photo you can see that on the right are all the vegetables I chopped for my dinner. **On the left are the scraps I don't need for my dinner. I am going to save these scraps to make broth because they still have a lot of flavor and nutrients.**



Scraps are often overlooked parts of the vegetables, but when saved can actually save you money and add flavor to future meals. From these vegetable scraps, you can make broth!

These are the **best vegetable scraps** to save for your broth:

- Onions, Carrots, Celery, Garlic, Potato, Tomato, Mushroom stems, Leek roots and greens, Parsley, cilantro or other herbs stems

We recommend you **do not** use anything moldy or from the Brassica family.

- Kale, Broccoli, and Cauliflower are part of the *Brassica* plant family and when boiled for a long period of time they tend to leave a bitter taste. You can use small amounts of them, but too much will overwhelm your broth.



Step 2: Collect & store your vegetable scraps overtime

Store your vegetables scraps in a bag or container and keep them in the freezer until you have 4-8 cups of scraps.



Step 3: Make Your Broth

Empty the contents of the bag into a large pot and add about 2 cups of water for every cup of scraps. You can also add herbs such as bay leaves, parsley, cilantro, and salt and pepper.

Put the pot on the stove, turn on the heat to medium-high and bring it up to a boil.

Once it boils, lower the temperature to medium-low and allow it to simmer (little bubbles) for one hour.



Step 4: Strain Your Broth

Let the broth cool before straining or strain it right away.

If you don't have a colander you can utilize a pot lid or spoon to keep the vegetables from falling

Straining separates the cooked vegetables and the broth.

Now you can discard your cooked vegetables.



Step 5: Store Your Broth

Once your broth is completely cooled, package it up and **store it in your refrigerator, for up to 3 days or into the freezer it goes for up to 6 months.**

You can use any containers with lids to store your broth.

Make sure to leave at least an inch at the top for the stock to expand when it freezes otherwise it will break the jar. I have found the smaller jars are stronger than a large jar, they also defrost faster.



Don't forget to label and date your broth!

Enjoy! Visit our [Scrumptious Soup Bowls page](#) to learn how to cook soup with your broth.

Did you know?

- One box of organic vegetable broth costs at least \$2.50 for 32oz.
 - My vegetable scraps made at least 64oz of broth for free
 - I can still compost the cooked vegetable since I didn't use any meat or dairy in the process.
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Additional Resources for Making Broth

- Beginner at-home cooks: <https://www.savorylotus.com/how-to-make-vegetable-broth/>
- More advanced at-home cooks & what to do with your broth: <https://food52.com/blog/10119-how-to-make-vegetable-stock-without-a-recipe>