

## Basic Vegetable Stock

1 large onion	1 Tbls. nutritional yeast, optional
2 large carrots	8 garlic cloves, peeled and smashed
2 celery ribs, including a few leaves	8 parsley branches
1 bunch of scallions, including half of greens	6 thyme sprigs or ½ tsp. dried
1 Tbls. olive or vegetable oil	2 bay leaves
Salt	

Scrub the vegetables and chop them roughly into 1-inch chunks. Heat the oil in a soup pot. Add the vegetables, yeast, garlic, and herbs and cook over high heat for 5 to 10 minutes, stirring frequently. The more color they get, the richer the flavor of the stock. Add 2 teaspoons salt and 2 quarts cold water and bring to a boil. Lower the heat and simmer, uncovered, for 30 minutes. Strain.

### Tips:

- Coarsely chop vegetables for stock into pieces about 1 inch square. The more surface area exposed, the more quickly the vegetables will yield their flavors.
- The more vegetables you use, the richer the flavor.
- Unlike meat stocks, vegetable stocks don't benefit from hours of cooking. Once strained, the flavor of stocks can be concentrated by boiling them, uncovered, until the stock is reduced by half.
- Even after washing some dirt may remain on vegetables. Allow the cooked stock to settle for a few minutes, then strain it carefully through a sieve into a clean container. Once cooked, strain the ingredients from the stock right away - some herbs turn bitter as they steep. (I keep cheesecloth around for straining stocks).
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### Always - Good-to-Include Vegetables

Chard stems & leaves; fresh mushrooms; soaking water from dried mushrooms; scallions; potato parings; celery root skins; parsley root; Jerusalem artichokes; lettuce; eggplant.

### Ingredients to Use in Summer Stocks

Zucchini and other squash, tomatoes, green beans, eggplant, bell peppers (especially red & yellow), corn cobs, marjoram and basil (stems or leaves).