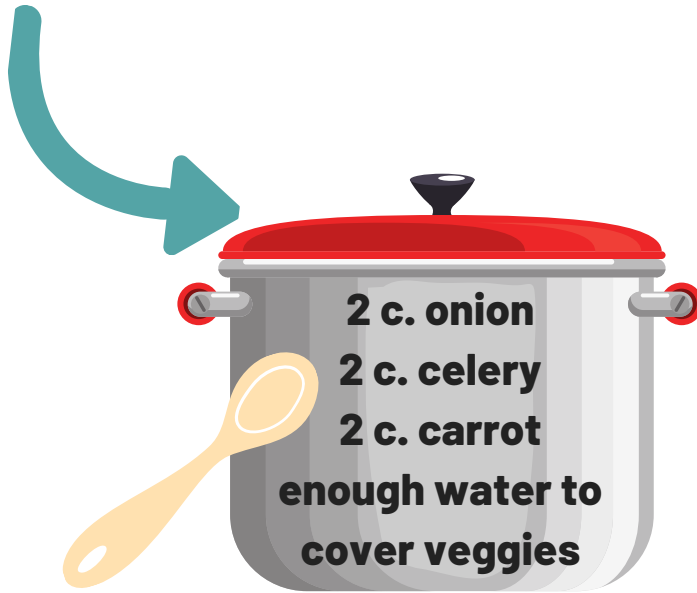


DIY Vegetable Broth



Basic Ingredients:



Optional Ingredients:

Parsley
Peppercorns
Sea Salt
Bay Leaf
Garlic Clove
Garlic Tops
Leek Tops
Veggie Skins
Kitchen Scraps
Carrot Tops

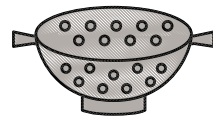
**Yield: 2 cups
of broth**



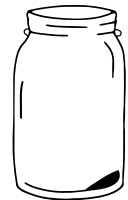
Bring ingredients to boil.
Simmer on low 1-2 hours.



Allow to cool to
room temp.



Strain broth.
Discard solids.



Refrigerate in Mason jar or
freeze in ice cube tray.

Avoid these: Broccoli, Cabbage, Brussels Sprouts, Beets, Turnips, Zucchini