

How to Make Vegetable Stock from Scraps



Figure 1-Frozen Scraps in a pot



Figure 2-Preparing jars and straining stock



Figure 3-Pure Vegi-stock from scratch!

1. Get a 1 gallon Ziploc-style bag. Save all of your vegetable scraps and keep the bag in the freezer. Potato peels, carrot/celery ends, onion, lettuce ~ anything so long as it isn't rotting.
2. When the bag is full, empty it into a large pot and add 5-6 quarts of water. Bring to a boil and then lower to a nice simmer. When vegetables are limp (but before mushy) turn off the heat.
3. Prepare jars in a water bath canner (this does not need pressure canning). Assume you will have 4-5 quarts of stock to jar up. While those are heating, strain the stock through a fine mesh strainer. Keep stock warm for canning.
4. Fill jars, put on lids/bands and finger tighten. Put into water bath.
5. Water bath for 10 minutes. Timer starts when full boil is achieved. Let cool for at least 12 hours. Enjoy!