

Vegetable Stock

Basic ingredients for all vegetable stocks:

ONIONS, CARROTS, CELERY, , GARLIC, LEEKS, TURNIPS , THYME,
PARSLEY, BAY LEAF, SALT AND OIL FOR SAUTE'ING VEGETABLES

Making stock is not difficult...but it is an extra step. You can make soup without a stock – using water - but stock will give you a richer and tastier soup.

A stock is not a catch all for last week's unused vegetables. If you wouldn't eat it, don't put it in the stock. You can, however, use fresh vegetable trimmings -carrot ends and scrapings , celery ends, onion skins, etc.... Vary the vegetables and proportions to create different flavors. Browned onions vs raw (onion skins add color,) sautéed vs raw vs dried mushrooms, add fennel, add parsnips, etc

Tips

Coarsely chop vegetables.

The more vegetables you use the richer the flavor.

Do not over- cook stock—cooking from 35-45 minutes should be sufficient for the vegetables to yield their flavor.

Once cooked strain the vegetables and cool the broth. Vegetables left in stock will turn bitter as they steep.

Make the stock

Scrub the vegetables. Heat 2 TBS Oil (olive, coconut, ghee, avocado, your choice) in a soup pot. Add 1 chopped onion, 1 Chopped Leek, 1 chopped carrot, 1 chopped celery, 2-3 chopped garlic cloves, 1 small turnip chopped, 5 sprigs parsley rough chopped, 5-6 thyme sprigs, 2 bay leaves. Salt and Pepper to taste.

Sauté vegetables lightly and add 2 quarts of water. Bring to a boil then simmer for 45-60 minutes uncovered. Strain and cool.

OR.....buy Wegman's Organic Vegetable Stock

White Bean and Escarole Soup

MAKES 6 QUARTS

2 LARGE YELLOW ONIONS

4 -6 GARLIC CLOVES –HARD NECK

2 HEADS OF ESCAROLE –ORGANIC IF YOU CAN FIND IT

2 QUARTS OF WATER—ENOUGH TO COVER ESCAROLE IN A STOCK POT

2 TABLESPOONS OF SALT

Saute onions and garlic in a sauté pan—slow—until they are soft and lightly browned.

Wash and chop escarole then put into a large stock pot and cover with water adding the salt. Boil until escarole is limp. Strain reserving ½ of the liquid and escarole in the stock pot. Add sautéed onions and garlic to stock pot.

ADD to stock pot:

- 2 28 oz. cans organic crushed or diced tomatoes with basil
- 6 15 oz. cans of organic cannellini beans drained and rinsed
- 1 24 ounce jar of organic Marinara sauce (or Homemade)
- 2 bay leaves and 1 tablespoon fresh herbs-basil and oregano

Simmer for at least 1 hour and up to 5 hours. Great served over pasta with shaved parm cheese.

Excellent frozen.

TIPS:

Chopping garlic 10 minutes before sauté will enhance the flavor

Canned beans retain the nutrient value better than dried and soaked beans

Using fresh tomatoes in place of the canned is wonderful—if you can find good quality tomatoes. Better to use organic canned in the winter months.

Homemade MARINARA IS THE BEST!!