

# Recipe: Veggie Scrap Broth

## Ingredients:

- 3-4 cups trimmings from vegetables and herbs (tops/bottoms/skins/stems)
- Water
- Salt & pepper, to taste

Tip: Avoid starchy vegetables, like potatoes, as they can make your broth cloudy.



## Instructions:

- 1 Save the tops/bottoms/skins/stems from any vegetables and herbs you are preparing and place them in a bag or container in the freezer – they can stay frozen up to 6 months. Continue accumulating scraps until you have about 3-4 cups worth.
- 2 Dump the scraps into a pot and fill  $\frac{3}{4}$  of the pot (or until scraps just start to float) with water.
- 3 Bring water to a boil and then let it simmer for at least 30 minutes.
- 4 Strain the stock and compost the leftover scraps.
- 5 Refrigerate stock up to 4 days, or freeze up to 3 months.

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