

Basic Vegetable Stock

A good vegetable stock is the basis for an incredible variety of delicious & healthy soups. Store-bought versions can be incredibly high in sodium and making your own is as simple as chopping a few vegetables and filling a pot with water. Make a pot of this great recipe in advance and use it in any recipe that calls for vegetable stock. We have included a delicious Artichoke Leek Potato soup recipe to get you started! Enjoy!



8 cups fresh or cooking water

2 stalks celery, chopped

2 large onions, chopped

2 large carrots, washed & chopped

4 cloves garlic, chopped

4 bay leaves

4 whole cloves(or pinch of ground cloves)

10 peppercorns, crushed

¼ cup fresh parsley, chopped (or ¼ tsp dried)

¼ tsp salt (optional)

1. Combine all ingredients in a large pot. Bring to a simmer and cook, uncovered for 45 minutes.
2. Remove from heat ; let cool. Strain, discarding solids. Store in a container with tight-fitting lid. Stock will keep one week in refrigerator and several months, if frozen.

Artichoke Leek Potato Soup

- 2 tsp vegetable oil**
- 2 tsp minced garlic**
- 1 ½ cups chopped leeks**
- 3 ½-4 cups basic vegetable stock**
- 1 ½ cups diced potatoes**
- 1 tsp dried tarragon**
- 1 can (14oz) artichoke hearts, drained & halved**



1. In a non-stick saucepan, heat oil over medium-low heat. Stir in garlic and leeks, cover and cook 5 minutes.
2. Stir in stock, potatoes, tarragon and artichoke hearts. Bring to a boil; reduce heat to medium-low, cover and cook 15 minutes, or until potato is tender.
3. In a food processor or blender, purée soup.
4. Makes 4 servings.

Nutritional Information (per serving)

Calories	127
Protein	4g
Fat, total	3g
Fat, saturated	0.2g
Carbohydrates	24g
Sodium	236mg
Cholesterol	0mg
Fiber	5g