

CLEAN IT UP

GET INTO THE STOCK MARKET

A good vegetable stock is the basis for an incredible variety of delicious and 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 vegetable stock 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!

Basic Vegetable Stock

8 servings

Ingredients

8 cups fresh or cooking water
2 stalks celery, chopped
2 large onions, chopped
2 large carrots, washed and chopped
4 cloves garlic, chopped
4 bay leaves
4 whole cloves (or a pinch of ground cloves)
10 peppercorns, crushed
¼ cup fresh parsley, chopped (or ¼ tsp dried)
¼ tsp salt (optional)



Directions

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

Artichoke, Leek, and Potato Soup

8 servings

Ingredients

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



Directions

1. In a non-stick saucepan, heat oil over medium-low heat. Stir in garlic and leek. 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 for 15 minutes or until potato is tender.
3. In a food processor or blender, purée soup.

Nutritional Info Per 1 Cup Serving: Cal: 127 | Fat: 3g | Carb: 24g | Sod: 236mg | Fibre: 5g | Protein: 4g