

Souper Easy Vegetable Stock

This soup starter is flavorful, fresh, low in sodium, and worth the effort.

- 1 tbsp **olive oil**
- 4 large **carrots** (8-10 in),
chopped
- 4 **celery** stalks (8-10 in),
chopped
- 3 medium **onions**, chopped
- 1 large **fennel bulb**, chopped
- 1 large **apple**, quartered
- 12 cups **water**
- 1-2 tsp **black peppercorns**
- 8-10 flat-leaf **parsley sprigs**
- 3-4 **thyme sprigs**



1. Heat oil in a large soup pot over medium temp. Add vegetables and apple; sauté 25 minutes, until vegetables are tender and slightly browned, stirring often.
2. Stir in water, scraping pot to loosen cooked bits. Add remaining ingredients and bring to a boil.
3. Reduce heat and simmer until mixture reduces by half, about 2 hours.
4. Strain stock through a sieve over a bowl and discard solids.
5. Cool completely. Refrigerate covered for up to a week, or freeze.

Don't discard the cooked vegetables. Although they are no longer needed for the broth, they are flavorful and healthful. Suggestion: Puree them with 1-2 cups of your new broth and enjoy a creamy vegetable soup.

Note: After straining, the broth has minimal nutrients.

MAKES 6 cups. Per serving:

19 calories | 0.0g protein | 2g total fat | .3g sat fat | 1.6g mono fat | .2g poly fat
| 0.0mg cholesterol | 0.0g carbs | 0.0g sugar | 0.0g fiber | 78mg sodium