



Homemade Vegetable Broth from Veggie Scraps

🕒 1 hour 🍴 6 servings

Ingredients

2 tbsp Olive oil

8 cup Vegetable scraps: peels of onion, garlic, carrots, potatoes, butternut squash; ends of carrots, celery, tomatoes, hot peppers, summer squash, or mushrooms

1 cup Fresh herbs as desired: ends of parsley, oregano, basil, thyme

1 tbsp Dried herbs as desired: basil, thyme, parsley, oregano, rosemary

1 gallon Water (enough to submerge vegetables)

Nutrition (estimate per serving)

Calories	128 kcal	Fat	5 g
Carbohydrates	16 g	Protein	3 g
Fiber	4 g	Sugar	9 g
Cholesterol	0 mg	Sodium	40 mg
Vitamin A	271 IU	Vitamin C	17 mg
Calcium	77 mg	Iron	1 mg

Directions

1 Save vegetable scraps as desired while making other recipes. Freeze in reusable container until ready to make broth.

2 Heat a large pot or sauté pan over medium-high heat. Once hot, add olive oil, then add the veggie scraps you've been saving. Note: you don't need to thaw frozen scraps before using them; simply throw them in frozen and stir until they start to cook down.

3 Add any extra herbs or spices to vegetable scraps and continue to sauté.

4 Simmer vegetable scraps in water to create vegetable broth; cook longer to evaporate liquid and concentrate the broth to make vegetable stock. Choose from different methods to simmer your broth low and slow for many hours: Stovetop Method: If using a large pot, simply add enough water to at least cover the vegetables. Add more water if planning to cook a longer time to account for evaporation. Slow-cooker Method: Transfer vegetable scraps to a large slow cooker and add enough water to cover the vegetables. Cook on low for up to 12 hours, adding more water if needed to account for evaporation. Pressure Cooker Method: Use your Instant Pot to sauté the vegetable scraps, then add water directly to the pot, taking care you don't add more than the max level of the pot. Use the manual setting on high pressure and set for 30 minutes. Once finished, allow to release pressure using the slow natural release.

5 Strain the liquid through a fine mesh strainer and discard the vegetable scraps.

6 Allow the broth to cool and transfer to glass mason jars, taking care to leave space at the top of the jar and to fill to the point below which the jar starts to curve inward (to prevent the jar from cracking in the freezer due to expansion of the liquid as it freezes). Refrigerate broth overnight in the jars to chill completely before transferring to the freezer.

Notes

Total Time: 1+ hours

Prep time: 15 min | Cook time: 1-12 hours

Serving Size

2 cups broth

Pro Tip

Do NOT add salt to your homemade vegetable broth and instead to add salt to taste when using broth in recipes. This will give you more versatility and the option to use your broth in place of water in recipes for additional flavor.

Which Vegetables are NOT Recommended to Save for Stock or Broth

Moldy food or food which is going bad; Peels with dirt; Cruciferous veggies; Green bell peppers (and possibly other colors of peppers, as well); Fresh cilantro

Cooking Equipment

Large pot OR Large sauté pan and slow-cooker OR Instant pot | Fine mesh strainer | Mason jars

Leftovers

Broth will lose a small amount of quality over time, but is good in the freezer up to a year. When thawing in the microwave, always use the "defrost" option, as heating from frozen can sometimes cause liquid to boil in the bottom before the top has thawed and cause the jar to burst from the pressure (yikes!).



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