

# Vegetable Stock

**Yield: 8 servings**

## Ingredients

2 tablespoons olive oil  
2 cups carrot; roughly chopped  
2 cups celery; roughly chopped  
4 cups onion; roughly chopped  
3 cups potato; roughly chopped  
1 head garlic; separate and peel cloves  
1 pound mushroom; halved  
1 teaspoon kosher salt  
½ teaspoon black pepper; ground  
10 cups water  
1 cup parsley sprigs; lightly packed cup  
2 each bay leaf

## Instructions

1. Gather all ingredients and equipment.
2. In a large stock pot, over medium heat, add oil, carrot, celery, onion, potato, garlic, mushroom, salt and pepper. Cover and cook, undisturbed, until you hear the vegetables sizzle, 3 to 5 minutes. Uncover and stir periodically to avoid burning. Cook about 15 to 20 minutes.
3. Add water, parsley and bay leaves. Simmer for about 15 to 60 minutes depending on how much time you can spare.
4. Strain through a fine-mesh strainer.

## Nutrition Information

**Serving Size: 1 cup**

Calories: 118  
Total Fat: 1.8 g  
Saturated Fat: 0.2 g  
Monounsaturated Fat: 0.6 g  
Sodium: 204.5 mg  
Total Carbohydrate: 24.1 g  
Dietary Fiber: 4.7 g  
Protein: 4.7 g

Source: Bittman, M. (2017). How to cook everything vegetarian: Simple meatless recipes for great food. Boston, MA: Houghton Mifflin Harcourt.



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