

Vegetable Stock

1 tablespoon olive oil
1 medium carrot, chopped
1 medium onion, chopped
1 celery stalk, chopped
2 garlic cloves, peeled (1 teaspoon)
1 sprig thyme (1 teaspoon dried)
1 bay leaf (¼ teaspoon dried)
1 sprig fresh parsley (1 teaspoon dried)
2½ cups water
Sea salt and pepper to taste



Sauté the vegetables in a large saucepan with the olive oil. Add the garlic and herbs and cook just enough to release the aromatic flavors. Add water, sea salt, and pepper, and cook for an hour.

At this point, there are a couple of options. You can strain out the vegetables and have vegetable stock for cooking. Another option if you know you're going to make soup or stew is to homogenize the vegetables in the liquid using a stick blender or remove and blend in a regular blender. This creates a thicker stock with more nutrients and fiber.

The recipe can be doubled or tripled if you want to make more stock in one cooking.