



The Kitchen at Second Harvest Vegetable Stock try at home recipe

Recipe modified from Food Smarts

flip to learn more!



Ingredients

- >4 cups raw vegetables or vegetable scraps, *chopped*
 - peeled onions, garlic, and leeks are helpful for flavor
 - chopped raw potatoes or yams add body; leave the skin on for nutrients
- >4 cups water
- Splash of vinegar



Yield: >8 cups

Serving Size: 1 cup

Directions

1. Place chopped raw vegetables or vegetable scraps into a large pot.
2. To the pot, add cold, filtered water to cover. Then, add a splash of vinegar to help pull nutrients into the stock.
3. Bring to a low boil and simmer for an hour or so.
4. Strain through a sieve or cheesecloth.

Find more recipes, free classes,
and ways to get involved!



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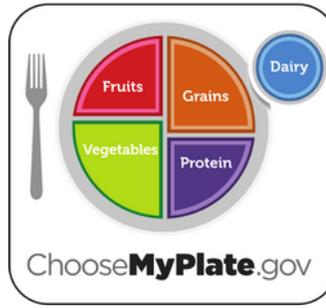


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



 Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

Cooking Tips

- Asparagus and cruciferous vegetables—cabbage, broccoli, collards, and cauliflower—add a strong flavor that may be overpowering if used in a recipe
- To preserve the nutritional value of your vegetable stock, do not use cooked vegetables.
- Enjoy basic vegetable stock...
 - in any recipe that calls for stock
 - in place of water, to enrich dishes such as rice
 - by itself, hot, as a nutritious beverage
 - freeze it for use later

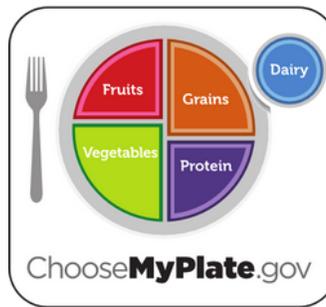
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Nutrition Facts

Nutrition Facts	
8 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 188mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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