

## Basic Vegetable Stock



Serves 8

### Ingredients:

- 1 large onion, coarsely chopped
- 1 large leek, cleaned, cut into 1" pieces
- 1 large carrot, cut into 1" pieces
- 1 rib celery cut into 1" pieces
- ½ tsp olive oil
- 8 cups water
- 1 cup dry white wine (optional)
- 4 cups mixed chopped vegetables
- 6 parsley sprigs
- 1 bay leaf
- 4 whole allspice
- 1tbsp peppercorns
- 2 tsp bouquet garni
- Salt and pepper, to taste

**Procedure:**

- Sauté the onions, the leeks, the carrots, and the celery in a stock pot for 5 minutes.
- Add water, wine, and chopped vegetables.
- Tie herbs in cheesecloth bag and add to pot.
- Heat to boiling; reduce heat and simmer, covered, 1½ - 2 hours.
- Strain stock, pressing lightly on vegetables to extract all juices; discard solids.
- Season with salt and pepper to taste.
- Cool; refrigerate or freeze

**Per serving:**

- Calories: 12
- Protein: 0.4 gm
- Carbohydrates: 1.8 gm
- Fat: 0.4 gm