

From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 1 onion, quartered, not skinned
- ✓ 4 celery stalks
- ✓ 4 large carrots, unpeeled
- ✓ 2 tablespoons olive oil
- ✓ 1 small container white mushrooms, washed and sliced in half
- ✓ 4 garlic cloves, whole
- ✓ 4 sprigs fresh rosemary
- ✓ 4 sprigs fresh thyme
- ✓ 1 small bunch parsley
- ✓ 2 bay leaves
- ✓ Handful of peppercorns
- ✓ 1 teaspoon sea salt
- ✓ 8 cups filtered water

Vegetable Stock

Darling husband's soy allergy manifests itself in wonderfully weird ways. The latest: he can't eat any proteins that were fed soy or processed at all—chicken, turkey, pork. (This includes eggs.) Which means all boxed broths are off limits, too. So I have developed a few recipes of my own. They are easy, healthy, and delicious, plus a base for pretty much every liquid, rice, soup, and pasta dish I make.

Make sure you leave the skins on the onion and carrots! It adds extra nutrients and flavor.

Directions

1. Brown onions, celery, and carrots in olive oil.
2. Add mushrooms, garlic, herbs, bay leaves, peppercorns, and sea salt.
3. Add water.
4. Bring to a rolling boil, then let simmer for at least 1 hour. Two to three hours gives it a deeper flavor.
5. Strain and put into containers. I like to freeze it right away. It will last in the refrigerator for one week and in the freezer for up to a year.

Note: I keep the discarded carrots and mushrooms to eat later. No sense wasting them!

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.