Homemade Vegetable Stock

A proper homemade stock — worth batch-cooking and freezing to use as the base for other recipes.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**45 min**	**55 min**	**8**	**EASY**

Ingredients

- 2 cups celery (chopped)
- 1 small carrot (chopped)
- 1 tsp bay leaf
- 4 sprigs fresh thyme
- 2 litres water

Method

1. Put the celery, carrot, bay leaf and thyme in a large pot and stir over the heat for 3 minutes.
2. Add the water and bring to a simmer.
3. Cook over a medium heat for about 40 minutes, then turn off the heat and let it rest for at least 30 minutes.
4. Strain, keeping the liquid for stock. Blend the softened vegetables left in the strainer into a paste, which can be frozen in ice cube trays to flavour other dishes.

Tips & swaps

- Freezes well in batches for up to 3 months.

Storage & reheating

Keeps in the fridge for 4 days or freezes for up to 3 months.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

15	**0g**	**3g**	**0g**	**1g**

Estimated values, for guidance only. Contains: Celery.