

Vegetable broth tends to come out a little differently every time you fix it. Not only does it enhance the favor of any soup or kitchari, but it is a great way to avoid wasting produce. Once a week, simply pull the older produce from your refrigerator and get started.

I generally have several jars of vegetable broth on hand in the freezer. For flavorful meals, I pull a frozen jar out in the morning before I leave for work. It sits in the refrigerator until I return. By dinnertime, it is thawed and ready to go.

And if you have the opportunity, here is a recipe to try:

### Ingredients

- 2 Yellow onions—coarsely chopped
- 3 Carrots—coarsely chopped
- 2 Celery stocks—coarsely chopped
- 1 Leek (optional)
- Other fresh vegetables—coarsely chopped (Create your own flavor!)
- 4 Garlic cloves, peeled and slightly bruised
- 1 Bay leaf or pinch of hing
- 8 Black pepper corns
- Various herbs, selecting from: parsley, dill, thyme, rosemary, tarragon, basil, oregano, etc. Use about 4 sprigs each
- Water to cover the mixture

### Instructions

1. Place the ingredients into a pot and cover with water. Bring to a boil and then cover and reduce the heat to simmer.
2. Simmer for 1.5 hours. Remove from the heat.
3. Strain the vegetables and herbs and let the broth cool.
4. Place the broth in a glass container and refrigerate or freeze until ready to use.

**Side note:** *It is possible to also create broth from the water left over from steaming vegetables (the water is usually packed with flavor and nutrients).*