

## Vegetable Broth



### Ingredients:

1 white or yellow onion, sliced

4 cloves garlic, minced

4 carrots

4 stalks celery

1 cup kale

2 cups mushrooms, chopped (button or cremini)

2 teaspoons sea salt

1 teaspoon pepper

10 cups water

½ cup fresh parsley, chopped

¼ cup fresh thyme

⅛ cup fresh rosemary

2 bay leaves

6 tablespoons tomato paste (optional)

**Directions:**

Sauté onion, carrots, celery 5 minutes in water, adding a little at a time to keep skillet moist. Add garlic and sauté 3 minutes. Add all other ingredients. Bring to a boil and simmer for 1 hour. Strain vegetables. Store liquid in the refrigerator for a week, or in the freezer for a month. Storing it in a 2 or 4 cup container makes it easy for many different recipes. The vegetables may be eaten.