

# Easy Homemade Vegetable Broth

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Homemade broth is sometimes healthier than canned ones found in most stores. Some of them have sugar and other ingredients you cannot have on your Daniel Fast.

## Vegetable Broth

*8 cups water*  
*1 onion, quartered*  
*2 carrots, unpeeled and sliced*  
*2 celery stalks, leafy tops included*  
*1 potato, unpeeled and sliced*  
*4 mushrooms, sliced*  
*1/8 cup fresh parsley or 1/2 tablespoon dried parsley*  
*2 cloves garlic, peeled*  
*1 bay leaf*  
*1 teaspoon thyme*  
*1 teaspoon salt*  
*6 peppercorns*

Place all ingredients in a large stock pot, and bring to a boil. Reduce heat, and simmer for about 45 minutes. Strain, cool, and refrigerate. Use as a base for soup.

Yield: 8 servings (serving size: about 1 cup)

### Recipe Notes

- Other vegetables to use: leeks, parsnips, spinach, tomatoes, turnips, and/or zucchini.