

# Healing Vegetable Broth

Serves 12-15 cups | Prep 10 min | Cook 30 min | Ready in 40 min

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This is an easy way to utilize your vegetable scraps. I keep a freezer bag in the freezer to add scraps to as I cook throughout the week. When it is full, I have enough to make a quick, big batch of vegetable broth to use for cooking, drinking, or freezing for the future. Scraps you may use besides what is listed below: squash, onions, broccoli, greens, etc. Get creative!

## INGREDIENTS

### THE BASE BASICS

- 2 tablespoons coconut oil
- 1 chopped red onion, with the skin and peel
- 5 chopped carrots, with the skin
- 5 chopped celery ribs
- 5 cloves of garlic minced  
*(I usually just toss with a tablespoon)*
- Other vegetable scraps  
*(1/2 freezer gallon bag worth or more)*
- 5 tablespoons of tomato paste

### SPICES

- 1 tablespoon salt
- ½ tablespoon pepper
- 1 tablespoon dried parsley
- ½ tablespoon dried thyme
- ¼ tablespoon dried rosemary
- 3 bay leaves
- ¼ cup nutritional yeast
- ½ tablespoon dried ginger
- ½ tablespoon turmeric

## DIRECTIONS

### **CROCKPOT**

Put all of the ingredients in a crockpot. Turn it on low, cook overnight or 6-8 hours. You may also turn it on high and cook 3-4 hours.

### **STOVETOP**

Grab a big soup pot or something, toss in 1-2 tablespoons of coconut oil and turn it on medium high. Let it melt. Toss in minced garlic, let it start to brown. Then add in all the ingredients with as much water as you want. I advise you really fill that pot up for maximum yield. Simmer for about an hour, then follow directions below for storage.

### **INSTANT POT**

Turn on sauté setting and add coconut oil, let it melt. Add garlic and let it start to brown and become fragrant. Next add the rest of the ingredients with as much water as you prefer. I usually fill to the max line. Pressure cook for 20 minutes.

### **NOTES**

After the broth is done, let it come to room temperature. Divvy it up between freezer containers. Pop them in your fridge if you are going to use within the next week. If not, pop them in your freezer and simply pull them out to defrost when you are craving a warm broth for feeling ill or for cooking with.