



Elliott Evans Nutrition, LLC
Prevent and Protect
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VEGETABLE STOCK ***(MARTHASTEWART.COM)***

Makes 6 Cups

- 2 Leeks, white and pale-green parts only, cut into 1-inch rounds, rinsed well
- 2 Carrots, cut into 1-inch rounds
- 1 small onion, cut into 1-inch pieces
- 3 garlic cloves
- 8 cups of water
- 5 flat-leaf parsley sprigs
- 2 thyme sprigs
- 1 dried bay leaf
- 2 teaspoons whole black peppercorns, crushed

- Cook leeks, carrots, onion, and garlic, covered, stirring occasionally, in a medium saucepan over medium heat for 10 minutes.
- Add water, parsley, thyme, bay leaf, and peppercorns. Raise heat to high. Bring to a boil. Reduce heat. Simmer, uncovered, for 30 minutes.
- Pour through a cheesecloth-lined strainer; discard solids.

Stock can be refrigerated for up to 2 days or frozen for up to 3 months.