



## Stone Soup Veggie Stock

- 2 tablespoons cooking oil
- 1 large onion, quartered
- 4 cloves garlic, smashed
- 2 stalks celery, rough chopped
- 1 large carrot, rough chopped
- Scraps & peel from any “hard” type veggies
- 1 teaspoon dried oregano
- 1 teaspoon fresh thyme
- 2 bay leaves, optional
- Salt & pepper, to taste
- 7 cups water

### Directions

Heat the olive oil in a large pot over medium heat. Add the onion, garlic, celery and carrot. Cook for 5-7 minutes, stirring often until slightly brown. Add water and herbs, bring to boil. Then turn down heat to medium-low, let simmer for 1 hour, until stock is golden brown. Strain through colander into large bowl.

Use immediately for soup or let cool to room temp, then store in refrigerator for up to 5 days. You can also pour into freezer bags and store in freezer until ready to use.

