

## Vegetable Stock

(based on recipe in "[The America's Test Kitchen Healthy Family Cookbook](#)")

- 4 onions, chopped
- 4 carrots, chopped
- 4 stalks celery, chopped
- 1 bulb garlic, cloves peeled and smashed
- 1 bunch scallions, chopped
- 1 t olive oil
- 3 quarts water (12 cups)
- 1 cauliflower, cored and cut into chunks
- 1 plum tomato, chopped
- 8 sprigs of thyme
- 4 bay leaves
- 1 t black peppercorns

Combine onions, carrots, celery, garlic, scallions and olive oil in a large stock pot. Cook, stirring frequently, on medium-low for 20 minutes. Add the rest of the ingredients and simmer for 1 1/2 hours. Strain without squeezing the vegetables. Cool then refrigerate for 3 days or freeze for 1 month. Reheat without boiling.

**Jittery Cook**