

## Vegetable Broth Recipe

Here's one of our favourite recipes for a great, healthy low-carb vegetable broth for fasting days.

### Ingredients

- 2 tbsp olive oil
- 1 onion
- 2 carrots
- 2 stocks of celery
- 4 leeks
- 4 cloves garlic
- 1 tbsp of salt
- 1 tsp of whole peppercorns
- 3 tsp parsley
- 1 tbsp crumbled bay leaf
- 2.5 tsp thyme
- 4 cups water

### Directions

1. Wash onion, carrots, celery, and leeks. Chop coarsely.
2. Heat olive oil in a large saucepan over medium heat and add onion, carrots, celery, leeks, and garlic. Sauté vegetables until they are soft (about 10 min).
3. Add water, salt, peppercorns, parsley, thyme, bay leaf, and bring to a boil.
4. Cover and reduce heat to low and simmer for about 1 hour.
5. Remove from heat and strain. Press on vegetables with a spatula or spoon to release the liquid.
6. Discard solids.

This vegetable broth can be kept in the refrigerator for three days or in the freezer for up to three months.

