Roast Vegetable Stock

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 whole head garlic
- 4 carrots, cut into chunks
- 4 stalks celery, cut into chunks
- 3 onions, cut into chunks
- 1 green pepper, quartered
- 1 tomato, quartered
- 1/3 cup olive oil
- salt and pepper to taste
- 8 cups water
- 1/2 inch sliver of peeled ginger

- 1 1/2 teaspoons dried thyme
- 1 1/2 teaspoons dried parsley
- 2 bay leaves

Instructions

Preheat oven to 400 degrees Fº.

Cut the top off the head of garlic. Arrange the garlic, carrots, celery, onion, pepper, and tomato on a large baking sheet in a single layer. Drizzle the olive oil over the vegetables; season with salt and pepper.

Roast the vegetables in the preheated oven, turning every 20 minutes, until tender and browned, about 1 hour.

Combine the water, thyme, parsley, and bay leaves in a large stock pot over medium-

high heat. Squeeze the head of garlic into the stock pot, and discard the outer husk. Place the carrots, celery, onion, pepper, and tomato in the stock pot. Bring the water to a boil; reduce heat to low and simmer for 1 1/2 hours; strain with a mesh linen net and cool.

Freeze whatever you don't use.

TIP!
Don't throw away roasted veggies. Blend them with a little bit of the stock, a splash of milk, and a squeeze of lime. Makes an awesome puree!