



GROUP RECIPE PRO - USAF - 2

# Vegetable Stock

Portion Size:

3 oz

## Step 1

2 lb • Onions • large diced

1 lb • Celery • large diced

1 lb • Carrots • large diced

1 lb • Vegetable trimmings • Large diced - Broccoli, cauliflower, mushrooms

Place vegetables in a pot or steam kettle.

## Step 2

5 qt • Water

4 cloves • Crushed garlic

1 tbsp • Pepper corns

5 leaf • Bay leaves

4 sprig • Thyme Stem

Cover with water. Bring to a simmer. Skim if necessary. Add in rest of ingredients, and let simmer for 1 hour. Strain and cool. Store in refrigerator, labeled and dated for later use.

## Nutritional Analysis

<b>Calories</b>	23		
<b>Protein</b>	1g	4	17%
<b>Carbs</b>	4g	16	70%
<b>Fat</b>	0g	0	0%

### Cholesterol

**Sodium** 210mg

Information is on a per portion basis.

## Notes

Saturated Fat: -

Fiber: -

Sugar: -

G4G Code: Yellow

Sodium Code: Low