

Homemade Vegetable Soup Broth (makes 1 quart)

Use this savory stock instead of bouillon and water for a delicious, lower sodium option in your homemade soups. This may substitute for 'broth' in any recipe below. A smart idea is to make a batch or two and freeze it to use later.

- 1 tsp oil
- 1/2 cup chopped onions
- 1/4 cup chopped celery
- 1/4 cup chopped carrots
- 1/2 cup peeled, diced sweet potatoes
- 1/2 cup peeled, diced turnips or parsnips
- 2 cloves minced garlic
- 1 tsp dried thyme
- 1 bay leaf
- 1 quart water
- 1/2 tsp black pepper
- 1/4 cup minced fresh dill

Heat a large pot or Dutch oven over medium-high heat. Add the oil and sauté the onions, celery and carrots until golden, about 5 minutes. Add remaining ingredients and bring to a boil. Lower heat and simmer for about 45 minutes. Cool, remove bay leaf and vegetables, and refrigerate stock for 3-5 days. Note: May freeze for up to 6 months.

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Soup Stock Nutrition per 1 cup serving: 55 calories; 1 g protein; 10 g carbohydrates; 1 g total fat; 0 g saturated fat; 0 g cholesterol; 0 g fiber; 25 mg sodium