

# Vegetable Scrap Broth

With Kim and Ashley from Zero Waste West Metro



## SUPPLIES NEEDED:

- 4 Cups Vegetable Scraps
- 10 Cups water
- Salt to Taste
- Large Pot with lid
- Strainer
- measure cup for scooping

## INSTRUCTIONS:

1. Save vegetable scraps in a sealed container in the freezer for making broth (carrot tops, onion ends/peels, broccoli stems, celery bottoms, cilantro stems, garlic peels, etc)
2. Combine frozen or thawed vegetable scraps with water and a pinch of salt in pot.
3. Bring to a boil.
3. Lower hear, cover with lid, and simmer for 20 minutes.
4. Allow to cool and strain vegetable scraps from the broth.
6. Use in your favorite recipes or store in your fridge!



Kim and Ashley