

Nurturing Broth

Ingredients

1 potato
1 carrot
1 onion
2 cloves garlic (optional)
3 stalks celery
2 bay leaves
6 pepper corns or more
1½ tsp salt
1 large mushroom
Miso (a spoon or two and is optional)

Method

1. Place everything in a saucepan with 2 litres water and bring to the boil then simmer for 30 minutes to an hour.
2. Strain the vegetables from the broth reserving the broth.
3. If you want to add some extra nutrition add a couple of spoons of miso to the broth. You may need to dilute with more water if too salty.



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