

Vegetable Stock Concentrate



Serves	4 cups
Prep time	20 minutes
Cook time	1 hour
Total time	1 hour, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Meal type	Ingredient
Misc	Freezable , Pre-preparable

Ingredients

- 1kg allowed vegetables (Refer to note)
- 2 tablespoons sunflower oil
- 4 teaspoons rock salt

Directions

1. Roughly chop the vegetables and add with the salt in a large saucepan.
2. Add the oil and stir to evenly coat.
3. Cook the vegetables on low, simmering, with the lid on but tipped slightly to allow steam to escape. Cook for about 45 minutes until the vegetables are cooked, stirring occasionally.
4. Take the lid off and cook for a few more minutes until there is only a small amount of thick liquid left.
5. Allow to cool slightly then transfer to a food processor and process the vegetables into a puree.
6. Store the stock in the fridge for about 4 weeks, or in the freezer for longer. The salt will prevent the stock from freezing solid, so it can be scooped out straight from the freezer and used.
7. To make the stock, use 1 tablespoon of concentrate for every one cup of water.



Note

Low chemical / Failsafe, Moderate chemical

Low chemical vegetables: swede, brussel sprouts, spring onions, leek, garlic, celery, choko, chives

Moderate chemical vegetables: parsley, sweet potato, parsnip, pumpkin, zucchini

The salt acts as both a preservative and to draw out the flavour of the vegetables; it could be reduced, but it won't last as long.

1 kg of vegetables made approximately 4 cups.