

Vegetable Stock Powder



Serves	80ml
Prep time	10 minutes
Cook time	4 hours
Total time	4 hours, 10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Meal type	Ingredient
Misc	Freezable , Pre-preparable

Ingredients

- 1 cup vegetable stock concentrate (Refer to recipe)

Directions

1. Preheat the oven to low (<100°C) and line a baking tray with paper.
2. Spread the stock concentrate in a thin layer evenly over the baking paper.
3. Place the tray in the oven and leave it for 3-4 hours until completely dry. Check the underside of the dried sheet, and if there is any moisture left turn the sheet over and place back in the oven until it has dried out.
4. Allow to cool slightly then break up the sheet and place in a food processor. Process the broken pieces until they are finely crumbed.
5. Store in the fridge or freezer.
6. To make the stock mix 2 teaspoons of stock powder with 1 cup of water.



Note

Low Chemical / Failsafe. Moderate Chemical

Refer to the [vegetable stock concentrate recipe](#) for the vegetables that can be used.

1 cup of concentrate made 80 ml of stock powder.