

Vegetable Stock



Prep time	20 minutes
Cook time	2 hours
Total time	2 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Meal type	Condiment
Misc	Freezable , Pre-preparable

Ingredients

- water
- 1 Stick celery (chopped in half)
- 1/2 potato (peeled)
- 1/2 swede (peeled)
- 1/2 cup green beans
- 2 cloves garlic (peeled)
- 1/2 leek
- 1 Small bunch chives
- 1 Small bunch parsley (stalks only)
- salt (to taste)

If moderate salicylates are tolerated, include: (Optional)

- 1 carrot
- 1 Small bunch bok choy (leaves and stems)
- 200g sweet potato (peeled)

Directions

1. Fill a large saucepan with water and add the vegetables.
2. Bring to the boil and allow to simmer for 2 hours.
3. Remove the vegetables and add salt to taste.
4. Use immediately or store in the freezer for later.

Note

Low Chemical / Failsafe, Moderate Salicylates