

# Soup Stock - Vegetable Stock

*Fresh Ways with Soups & Stews*  
*Time-Life Books*

## Yield: 2 quarts

*4 stalks celery with leaves, cut into one-inch pieces*  
*4 carrots, scrubbed and cut into one-inch pieces*  
*4 large (2 pounds) onions, coarsely chopped*  
*3 large broccoli stems (optional), coarsely chopped*  
*1 medium turnip, peeled and cut into 1/2-inch cubes*  
*6 cloves garlic, crushed*  
*1/2 cup parsley leaves and stems, coarsely chopped*  
*10 black peppercorns*  
*4 fresh thyme sprigs OR one teaspoon dried thyme leaves*  
*2 bay leaves, crushed*

## Preparation Time: 25 minutes

Put the celery, carrots, onion, broccoli if you are using it, turnip, garlic, parsley and peppercorns into a heavy stockpot. Pour in enough cold water to cover the contents by about two inches. Bring the liquid to a boil over medium heat, skimming off any scum that rises to the surface. When the liquid reaches a boil, stir in the thyme and the bay leaves. Reduce the heat and let the stock simmer undisturbed for one hour.

Strain the stock into a large bowl, pressing down lightly on the vegetables to extract all of their liquid. Discard the vegetables.

Start to Finish Time: 1 hour 30 minutes

---

Per Serving (excluding unknown items): 353 Calories; 1g Fat (3.3% calories from fat); 10g Protein; 81g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 199mg Sodium. Exchanges: 0 Grain(Starch); 15 Vegetable; 0 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	353	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	3.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	85.8%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	10.9%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	1g	Folacin (mcg):	143mcg
Saturated Fat (g):	trace	Niacin (mg):	4mg
		Caffeine (mg):	0mg

Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	81g
Dietary Fiber (g):	19g
Protein (g):	10g
Sodium (mg):	199mg
Potassium (mg):	1935mg
Calcium (mg):	239mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	86mg
Vitamin A (i.u.):	81025IU
Vitamin A (r.e.):	8100RE

Alcohol (kcal):	0
% Daily Value*	0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	15
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories	353	Calories from Fat: 12
----------	-----	-----------------------

### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	199mg	8%
<b>Total Carbohydrates</b>	81g	27%
Dietary Fiber	19g	77%
<b>Protein</b>	10g	
<b>Vitamin A</b>		1621%
<b>Vitamin C</b>		144%
<b>Calcium</b>		24%
<b>Iron</b>		18%

\* Percent Daily Values are based on a 2000 calorie diet.