

Basic Vegetable Stock

Makes 4 cups

1 T olive oil
½ large onion, 1 inch chunks
1 stalks celery, including some leaves, 1 inch chunks
1 large carrot, 1 inch chunks
½ bunch green onions, chopped
2 t garlic powder
1 T dried parsley flakes
2 t dried thyme
1 bay leaves
½ t salt
1 qt water

Directions:

Heat oil in a pot that can hold at least 6 cups. Add onion, celery, carrots, green onions, garlic, parsley, thyme, and bay leaves. Cook over high heat for 5 to 10 minutes, stirring frequently. Add salt and water and bring to a boil. Lower heat & simmer, uncovered, for 30 minutes. Strain & discard vegetables.

Source: <http://allrecipes.com/recipe/basic-vegetable-stock/detail.aspx>