

Recipe for

KITCHEN SCRAP VEGGIE BROTH

EQUIPMENT NEEDED Stock pot with lid, wooden spoon, and strainer
(mash wire, colander, or spoon to fish out scraps).

SERVES 4 ESTIMATED COST \$0.00 COST PER SERVING \$0.00

INGREDIENTS

- 1 gallon bag of vegetable scraps (i.e. carrot tops, vegetable skins, herb stems)
- Water
- Salt and pepper, to taste

METHOD OF PREPARATION

1. Over time, gather vegetable scraps from cooking and store in zip lock bag or storage container in the freezer.
2. Add vegetable scraps to stock pot and cover with water by 2 inches.
3. Season with salt and pepper.
4. Bring to a boil and then reduce to a simmer. Simmer for an hour.
5. Strain liquid into a clean container. Enjoy!

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NUTRITION INFORMATION

Kitchen Scrap Veggie Broth		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	273.2	
	% Daily Value*	
Total Fat	0.9 g	1 %
Saturated Fat	0.1 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	4793.9 mg	208 %
Total Carbohydrate	62.6 g	23 %
Dietary Fiber	11.1 g	40 %
Total Sugars	10.2 g	
Added Sugars	0 g	0 %
Protein	8 g	
Vitamin D	0.1 mcg	1 %
Calcium	124.6 mg	10 %
Iron	5.4 mg	30 %
Potassium	2211.2 mg	47 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full info at cronometer.com		

HEALTH BENEFITS

Herbs used in vegetable broth provide benefits from vitamins, minerals, and antioxidants which support the body's healthy functions such as digestion and immunity. Herbs are also a wonderful way to add flavor to any dish.

HEALTH BENEFITS

Making **vegetable broth** using leftover scraps is a fantastic way to reduce food waste and save money. It can be used as a base for soups and sauces, for simmering vegetables, or to flavor rice in place of water. The nutrient content of homemade broth, as opposed to storebought, can increase because the ingredients are fresher, and the sodium content is lower because it does not need to be shelf stable.



References:

Recipe provided by Gabrielle La Chapelle

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