

Your First Wealth Is Health



Vegetable Stock

from *The Splendid Grain* by Rebecca Wood

Makes about 5 cups

2 onions (keep whole with skin on)

3 carrots, scrubbed

7 sprigs of parsley

1/2 cup dried white beans

2 stalks celery or fennel, washed and rinsed

2 bay leaves

3 dried shiitake mushrooms

1 (2 to 4 inches) strip of kombu

8 sprigs of fresh thyme

Assorted vegetable trimmings and scraps (if you have them)

8 cups water

Preheat oven to 375 F

Place onions and carrots on a baking sheet. Roast for 75 minutes. Remove from oven and cut in half lengthwise. Put in a stockpot with remaining ingredients. Place over high heat and bring to a boil. Lower heat to a bare simmer. Simmer for at least 2 hours and up to 6 hours. Strain.

May be stored covered in refrigerator for 2 days or in the freezer for 2 months.