GlutenFree Vegan Stock for the Slow Cooker

Jacob · 30/09/2024



Prep Time

8 hrs 25 mins

Dificult

Medium

Servings

8

Description

Vegetable stock for all your needs without the MSG and chemicals in industrial versions This helps use up whatever veggies and fruit you might have around Nothing goes to waste Add any veggies you might have left over I use the end pieces of green beans and whatever unwanted outer parts of vegetables I get from cooking and keep them in a bag in the fridge until the next time I make stock Even the peels of sweet potatoes and turnips make for good stock Dont throw out anything

Ingredients

— - 2 tablespoons olive oil - 4 stalks celery

— cut into 4-inch pieces - 2 carrots

— cut into large chunks - 1 potato

— cut into large chunks - 1 onion

— cut into 8 wedges - 2 large outer leaves romaine lettuce - ½ cup gluten-free beer - 2 shallots

— halved - 1 fennel bulb

— outer layers only - ½ green bell pepper - ? apple - ¼ bunch flat-leaf parsley - 10 whole black peppercorns - 1 wedge lemon - 1 (1 inch) piece ginger - 2 tablespoons tamari (gluten-free soy sauce) - 1 tablespoon vegan Worcestershire sauce (Optional) - 2 cloves garlic - 1 bay leaf - 8 cups water

Instructions

1. Coat the bottom of a slow cooker crock with olive oil. Put celery
2. carrots
3. potato
4. onion
5. lettuce
6. beer
7. shallots
8. fennel
9. bell pepper
10. apple
11. parsley
12. peppercorns
13. lemon
14. ginger
15. tamari
16. Worcestershire sauce
17. garlic
18. and bay leaf into the slow cooker crock. Pour water over the ingredients. Cook on Low for 8 to 10 hours
19. or on High for 4 hours. Remove and discard all solid chunks from the liquid using a slotted spoon. Line a colander with cheesecloth and set over a large pot; strain broth through the cheesecloth. Editor's Note: The nutrition data for this recipe includes the full amount of the vegetables. The actual amount of vegetable nutrients consumed will vary. As with all diet-specific recipes
20. check any processed ingredients to assure they adhere to your dietary standards. Cook's Note: Store stock in the refrigerator for 3 to 5 days or freeze for up to 6 months.