

Soup stock

Vegetable stock:

10 cups of water

6 cups vegetable scrap

A few sprigs thyme, parsley, and whole peppercorns (optional)

Put all ingredients in a pot and bring to a boil. Reduce to simmer for 1 hour, then cool and strain. Freeze or refrigerate and use within 2 weeks.

Chicken Stock:

Bones of 1 chicken

10 cups water

2 carrots, chopped into large pieces

2 celery stalks, chopped into large pieces

1 onion, chopped into large pieces

A few sprigs thyme, parsley, and whole peppercorns (optional)

Put all ingredients in a pot and bring to a boil. Reduce to simmer for 1 hour, then cool and strain. Freeze or refrigerate and use within 2 weeks.