

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Light Vegetable Stock with Ginger

Makes 7-8 cups

- 1 yellow onion, peeled and sliced
- 1 whole leek, washed well and chopped
- 4 cloves garlic, crushed with side of knife
- 1 teaspoon salt
- 2 large potatoes, thinly sliced
- 2 stalks celery, sliced
- 6 sprigs fresh parsley
- 6 sprigs fresh thyme
- 2 bay leaves
- ½ teaspoon peppercorns
- 8 thin slices fresh ginger
- 9 cups water

Directions

Combine all ingredients in a large soup pot. Bring to a boil, lower the heat and simmer for 1 hour. Let cool slightly, then strain through a colander, pressing the vegetables to the side of the colander with a large spoon to extract as much flavor as possible.



**For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmhealthconnect.org**

NUTRITION INFORMATION PER 1 CUP SERVING:

Calories	10
Total Fat	0 g
Saturated Fat	0 g
Sodium	250 mg
Carbohydrates	3 g
Fiber	0 g
Protein	0 g

Cost per Batch: \$3.00