

Homemade Vegetable Broth

Makes multiple servings
0 protein
0 fat
Less than 5 calories

Ingredients

- 10 or more cups of filtered water
- ½ large onion, chopped
- 6-10 stalks celery
- 10 cloves or garlic, chopped
- 2 bay leaves
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon basil
- 1 teaspoon thyme
- Sea salt and pepper to taste



Directions

1. Bring Water to a boil in a large soup pot or crock-pot.
2. Add vegetables and spices.
3. Slow cook for 2-4 hours.
4. Strain out vegetables and cool.
5. Use as a base for soups.

