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Food & Friends' **Cooking for Health Energy and Wellness (CHEW)** cooking classes have moved online! Learn basic principles of nutrition and cooking skills straight from our registered and licensed dietitians. We'll cover common and not-so-common food items, showcase different methods of food preparation and help you build confidence in the kitchen.

Making your own broth or stock

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Do you remember the *Chicken Soup for the Soul* book series, or ever wonder why chicken soup has been passed down from generation to generation as a feel-better remedy? It's full of nourishing goodness, and you can make it at home, maximizing the healthful benefits including saving money, warming aroma therapy and adding nutrition to many meals. Here are some benefits to keep in mind (and keep you reading). ☺

Benefits of homemade, versatile stock:

1. Added nutrition to all of your meals that use stock, including chicken (or any) soup, stews, sauces, beans, rice, quinoa. You can even sip it instead of warm tea.
2. Having stock ready in the fridge or freezer can take some of the guess work out of your weekly meal planning.
3. Save money (and time) at the store. Save your veggies (and bone) scraps to make this stock.

Getting the most nutrition out of your veggies: We are boiling the vegetables so many of the nutrients are moving from the vegetable into the water—and then we're saving that water and all those nutrients. Store bought broths and stocks may have more salt and sugar than you need. These are added to make foods last longer on the grocery store shelf—no grocery store shelf, no need for added sodium or sugar.

Here are some of the nutrients we are saving in our stock.

- Onions: potassium (good for muscle function)
- Carrots: potassium, vitamin A (helps our vision and our skin)
- Garlic & peppers: anti-inflammatory compounds

Supplies for making stock:

- Large pot (ideally 4 quarts or larger—volume is often on the bottom of the pot)
- Mesh strainer or slotted spoon
- Containers to store stock (freezer safe bags, jars, ice cube trays)

- The size of the containers should match how you will use the stock in future meals.
 - If making sauce, you can add 1-2 ice cubed-sized stock pieces.
 - If making soup or stew, maybe you need 2-4 cups or stock
 - If making rice or quinoa, maybe you need 1 cup stock and 1 cup water
- Frozen collected vegetable scraps (see below)

Saving scraps to make stock:

As you're preparing other meals with vegetables and herbs, save your peels, skins, scraps. Save ends of onions, garlic, carrots, celery, potatoes, sweet potatoes, radishes, peppers (*remove the seeds of hot peppers otherwise you will have a very spicy stock*), herbs, asparagus, greens, tomatoes, even fruit such as apples—save the scraps (**yes**, including skin or peel, tops or ends we usually don't eat).

You can leave it a vegetable stock or add chicken, turkey, ham, beef bones (or entire remaining carcass/pieces from your dinner leftovers). The bones will make your stock a little jelly-like when it cools—which is good, don't worry. That's just added nutrition and flavor. The bones add some B-vitamins, helping our cells produce energy and collagen for skin and joint health. If there's any meat left on your bones you'll have some extra protein too.

You might want to **leave out** veggies that will make your stock extra bitter (broccoli, cauliflower, cabbage).

To add flavor when cooking the stock, feel free to add herbs and seasoning to your pot if you don't have these in your freezer bag of scraps (dried dill, parsley, thyme, sage, rosemary, bay leaves, black peppercorns—can be left whole).

Save food in a freezer-safe bag or container (Ziploc or similar bag or 32 oz re-useable container). Whenever you are peeling or chopping vegetables, take out your frozen scrap container and add scraps until it's full.



Once full, you are ready to make stock

Make sure you will be home and able to monitor the stock for the full 2-6 hours

1. Empty all of the frozen food scraps into your stock pot.
2. Add enough water so all the food is covered, can be up to $\frac{3}{4}$ of the way full.
 - You don't want to completely fill the pot with water because it can boil over and it will take longer to cook your stock.
3. Turn heat on (medium/ high) and bring water to a boil. If you have a lid for your pot, put it on.
4. While water is warming up, start your clean up.
 - Move any dirty dishes, cutting boards, knives to the sink and start washing up.
 - If you used a bag to hold your frozen food scraps wash it to use for your next batch.
5. Once the water comes to a boil, turn down the heat to low and let the stock simmer (smaller bubbles than boiling) for 2-6 hours. It might help to tilt the lid of your pot or open steam vents on your lid. If the liquid all evaporates you can add more liquid cup by cup.
 - Keep an eye on the stock from time to time. Is there still enough liquid, did it start to boil again?
6. The longer you let it simmer without the lid the more concentrated/flavorful it will be.
 - More concentrated stock means you can save space when storing it but also means you will likely add more water when using it to cook.
7. Once the stock looks/tastes ready to use, turn off the heat and grab a bowl or trash can to empty the food scraps into. Use a mesh strainer or slotted spoon to scoop out all the food scraps so you only have liquid (nutrition) left in your pot.
8. Remove from the heat and start to cool for 30 min -40 min. You want the stock to be cool enough to put into jars without the jars cracking. Stock will then cool faster if you portion it out into the jars you will put into the fridge or freezer. If you have a food thermometer, portion it out once it gets to 90°F. Pro tip: when pouring your stock out into jars, put a metal spoon, knife or fork into the jar. The metal will "pull" some of the heat out of the liquid and speed up the cooling process.



- If you put a gallon or large amount of stock into the fridge when it is hot you run into two problems.
 1. It might take too long to cool and food that stays between 41°F and 140°F is perfect for bacteria that can make us sick. If food is separated into smaller containers it will cool faster and will not stay in that temperature “danger zone”.
 2. Defrosting a large batch. It is most helpful to store food in containers that will make future food prep easier. Will you need a cup of stock or just an ice-cube size to add to sauce? Store/freeze stock in containers that will be ready to use.

You can store it in the fridge **for up to 5 days &** freezer for up to **3 months**.

To freeze: Remember, liquid expands as it freezes so you want to leave room in your jar or bag. Fill the container you will freeze only about $\frac{3}{4}$ full so it won't break open as it freezes.



If you need or want stock before you have a full freezer container, you can take what you have frozen and add carrots, onion, celery, garlic, herbs, roughly chopped up and add to your frozen collection.

What else can you do with some scraps?

- Freeze herb scraps, nuts, parmesan cheese for pesto...(and freeze the pesto).
- Mirepoix: save celery pieces, carrot pieces, onion pieces—this trio makes the perfect base to start flavoring a sauce or soup without the liquid.

Questions? Contact Becca Khan, Food & Friends Community Dietitian at rkahn@foodandfriends.org or (202) 269-6887.

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FOOD & FRIENDS®

Homemade Stock

Delivering hope, one meal at a time®



Ingredients

- Frozen vegetable scraps
- Fresh or dried herbs (parsley, dill, or other favorite herbs, if not frozen with scraps)
- 1 tsp black peppercorns
- *(Optional)* frozen leftover bones or chicken/turkey carcass

Prep Time:

2-6 hours

Keep in Fridge:

Up to 5 days

Keep in Freezer:

Up to 3 months

Supplies

- Large stockpot with lid
- Mesh strainer or slotted spoon
- Freezer-safe containers (*Zip-top bags, jars, ice-cube trays*)

Directions

1. Empty frozen food scraps into pot, fill pot up to 3/4 full with water.
2. Turn heat on medium/high. Cover pot, bring water to boil.
3. While water is warming up, start your clean up.
 - Move any dirty dishes, cutting boards, knives to the sink and start washing up. If you used a bag to hold frozen food scraps wash it to use for your next batch.
4. When boiling, turn down heat and let simmer for 2-6 hours, depending on how concentrated you would like your stock.
 - Continue to check on stock, add water as needed.
5. Once stock looks/tastes ready for use, remove from heat. Use mesh strainer or slotted spoon to scoop out all the food scraps.
6. Let cool for 30-40 min (until stock reaches 90°F or cooler if you have food thermometer).
7. Separate stock into containers to store in refrigerator (up to 5 days) or freezer (up to 3 months). If freezing, remember to leave room for stock to expand as it freezes.

