Dinner, Indian

Easy Homemade Vegetable Stock

A clear, gently flavoured stock made by simmering cauliflower, onion, cabbage, carrot and celery, then straining for a smooth cooking liquid. It works well as a base for soups, gravies and other everyday dishes.



20 min	19	3.9 g	2.4 g
time	calories	carbs	sugars

Low fat

Ingredients, 2 servings

- [ ] 1/4 cup cauliflower florets
- [ ] 1/4 cup roughly chopped onion
- [ ] 1/4 cup roughly chopped cabbage
- [ ] 1/4 cup roughly chopped carrot
- [ ] 2 tbsp roughly chopped celery (ajmoda)

Method

- [ ] 1 Pour 3 cups of water into a deep nonstick pan and bring it to a boil.
- [ ] 2 Add the cauliflower florets, roughly chopped onion, roughly chopped cabbage, roughly chopped carrot and roughly chopped celery.
- [ ] 3 Boil everything on a high flame for 10 minutes.
- [ ] 4 Strain the liquid through a sieve and discard the cooked vegetables.
- [ ] 5 Use the fresh vegetable stock as needed in soups, gravies and other dishes.

Nutrition Facts

Per serving

Calories	**19**
Total fat	0.1 g
Saturated fat	Not listed
Sodium	8 mg
Total carbs	3.9 g
Fiber	1.2 g
Total sugars	2.4 g
Protein	0.8 g

diabic.com/recipes

Scan to open this recipe and its shopping list