

# Vegetable Stock

(C, D, E, G, N, S, V, Y)

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## Ingredients

10 cups water  
2 medium red or yellow onions, cut into quarters  
2 medium yams, peeled and quartered  
3 cloves garlic, peeled and minced  
2 large potatoes, peeled and quartered  
2 stalks celery, cut in half (leave leaves on)  
1 small parsnip, peeled and cut in half lengthwise  
½ cup fresh parsley (rinsed, leave stem on)  
2 bay leaves  
1tsp sea salt  
6 peppercorns  
4 allspice berries  
1 cup mushrooms (optional, omit if on yeast diet)

## Directions

1. Rinse and prepare all vegetables
2. Combine all ingredients into a large pot
3. Bring to a boil then simmer for 45min-1hr until vegetables are soft and no longer have their bright coloring
4. Strain the stock and compost the cooked vegetables
5. Stock can be used immediately, stored in the fridge for 4 days or frozen for several months

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