

MAKE YOUR OWN VEGETABLE STOCK

Transform vegetable scraps into a flavorful addition to your cooking & reduce food waste!



WHY MAKE YOUR OWN VEGETABLE STOCK?

Save money. Reduce waste. Boost flavor.

Vegetable stock is one of the easiest zero-waste habits you can start, and it uses ingredients you already have.



KEY TIP: - KEEP A BAG IN YOUR FREEZER AND TOSS IN VEGETABLE SCRAPS ALL SEMESTER—FREEZE FOR UP TO 6 MONTHS!

WHAT TO USE

- Onion tops, bottoms, skins
- Carrot peels & ends
- Celery leaves & scraps
- Garlic cloves
- Mushroom stems
- Parsley, thyme, bay leaf
- Leeks, tomatoes, potato skins

THINGS TO AVOID: BEETS, PEPPERS, AS THEY CAN ADD FUNKY FLAVORS AND COLORING TO YOUR STOCK

HOW TO MAKE

Basic Method

1. Add your vegetable scraps and/or herbs to a pot.
2. Cover with water (equal amount to veggies).
3. Bring to a boil, then simmer 30 minutes–2 hours.
4. Strain and store!

For Extra Flavor

- Return strained stock to the pot.
- Simmer to reduce and concentrate.
- Strain again for a deeper, richer broth.

TIP - LIGHT SEASONING → YOU CAN ADD FLAVOR LATER

HOW TO STORE

- Process—Allow the stock to cool completely before transferring it to clean mason jars. Leave about an inch of headspace at the top, as the liquid will expand slightly if frozen later. Seal the jars tightly.
- Duration—Properly stored stock will last 5–7 days in the refrigerator.
- Duration—Frozen vegetable stock will maintain its quality for 6–12 months. Thaw overnight in the refrigerator before use.

WHAT TO MAKE WITH YOUR STOCK

Swap water for vegetable stock and taste the difference.

Perfect for:

- Rice, lentils, quinoa
- Pasta dishes
- Sautéed vegetables
- Steamed vegetables
- Soups, stews, chilis
- Casseroles & one-pan meals

RECIPIES

Soups

- Simple Lentil Soup: Simmer stock with red lentils, diced carrots, and celery until lentils are soft (about 25 minutes). Season with salt and pepper.

Grains

- Flavorful Rice: Replace the water entirely with vegetable stock when cooking white or brown rice in a pot/ricecooker.



SCAN ME FOR 60+
VEGETABLE STOCK
RECIPIES



UNIVERSITY OF
SAN FRANCISCO

Office of Sustainability

FOLLOW US FOR MORE



@SUSTAINABILITYUSFCA



@SUSTAINABILITYUSFCA



USFCA SUSTAINABILITY

