

# Umami Vegetable Stock

February 7th, 2021

Prep Time: 00:30

Cook Time: 01:00

This flavorful stock can be used as a vegetable base for any soup or stew. The Mushrooms, Tomato Paste and Marmite provides a rich Umami flavor that is not commonly found in a Vegetable Stock.

## Ingredients:

2 Tablespoons Unsalted Butter  
8 Oz Portabella Mushrooms, quartered or sliced  
1 Tablespoon Extra Virgin Olive Oil  
2 Medium Yellow Onions, cubed  
3 Large Celery ribs, cubed  
3 large Carrots, peeled and cubed  
1 large Parsnip, peeled and cubed (or substitute another Carrot)  
1 Bulb Fennel, cleaned and cut into 1 inch pieces  
2 Red Bell Pepper, cubed  
5 Large Cloves Garlic, crushed  
64 Ounces (1/2 Gallon) of drinking Water  
2 Tablespoons Marmite or Vegemite  
1 Tablespoon Tomato Paste  
2 Medium Bay Leaves  
3 Small Sprigs Fresh Thyme

## Directions:

Heat a large Stock Pot over medium heat.

Melt the Butter.

Add the Add the Mushrooms and continue to stir for 8 minutes, until browned.

Stir in the Olive Oil, the Onions, Carrots, and Celery.

Sweat the Onions, Carrots, and Celery for about 8 more minutes.

Add the Garlic, Bell Pepper, and Fennel

Add the Water to the pot.

Mix in the Marmite, Tomato Paste, Bay Leaves, and Thyme.

Bring to a simmer, then reduce the heat to Medium Low.

Cover and simmer for 1 hour.

And salt to taste.

Use a wire mesh to skim and foam from the top of the Stock.

Strain out the solids and discard.

Refrigerate the Stock up to 3 weeks or freeze in an airtight bag up to 6 months.