

Umami Vegetable Stock

February 7th, 2021

This recipe serves: 1

Prep Time: 01:30

Cook Time: 00:00

This flavorful stock can be used as a vegetable base for any soup or stew. The Mushrooms, Tomato Paste and Steak Sauce provides a rich Umami flavor that is not commonly found in a Vegetable Stock. Surprisingly, this Vegetable Stock is NOT Vegetarian. In order to make this as a Vegetarian Stock, leave out the Steak Sauce and the Worcestershire Sauce

Ingredients:

- 1 Tablespoon Extra Virgin Olive Oil
- 2 Medium Onions, cubed
- 3 Large Celery stalks, cubed
- 4 large Carrots, peeled and cubed
- 8 Oz Portabella Mushrooms, quartered
- 2 Red Bell Pepper, cubed
- 5 Large Cloves Garlic, crushed
- 64 Ounces Water
- 1 Tablespoon Low Salt Soy Sauce
- 1 Tablespoon Tomato Paste
- 1 Teaspoon Steak Sauce (leave out to make vegetarian)
- 1 Teaspoon Worcestershire Sauce (leave out to make vegetarian)
- 2 Medium Bay Leaves
- 3 Small Sprigs Fresh Thyme

Directions:

Heat a large Stock Pot over medium heat.

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

Add the Mushrooms and continue to stir for another 8 minutes.

Add the Garlic and Bell Pepper.

Add the Water to the pot.

Mix in the Soy Sauce, Tomato Paste, Steak Sauce, Worcestershire Sauce, 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.