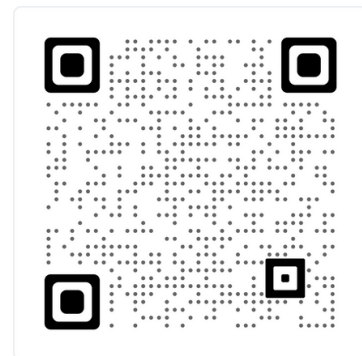


## VEGETABLE STOCK

Ball Blue Book, 2012

Courtesy of University of California, Agriculture and Natural Resources

- 5-6 medium carrots (about 1 lb.)
- 6 stalks celery
- 3 medium onions (about 1 lb.)
- 2 medium red bell peppers
- 2 medium tomatoes, diced
- 2 medium turnips, diced
- 3 cloves garlic
- 3 bay leaves
- 1 teaspoon crushed thyme
- 8 peppercorns
- 7 quarts water
- 2 tsp salt - optional



**Prep:** Wash carrots, celery, peppers, tomatoes, and turnips under cold running water; drain. Remove stem ends from carrots. Cut carrots into 1-inch pieces. Remove leafy tops and root ends from celery. Cut celery into 1-inch pieces. Cut onions into quarters. Remove stems and seeds from peppers. Cut peppers into 1-inch strips. Remove cores and seeds from tomatoes. Coarsely chop tomatoes. Remove stem ends from turnips. Coarsely chop turnips. Crush garlic.

**Cook:** Combine all ingredients in a large saucepan. Bring mixture to a boil. Reduce heat to a simmer (180° F); simmer, covered, for two hours. Uncover saucepan; continue simmering for 2 hours. Strain stock through a fine sieve or several layers of cheesecloth. Discard vegetables and herbs.

**Fill:** Ladle hot stock into a hot jar, leaving 1-inch head space. Clean jar rim. Center the lid on the jar and adjust the band to fingertip-tight. Place the jar on the rack in the pressure canner containing 2 inches of simmering water (180° F). Repeat until all jars are filled.

**Process:** Place the lid on the canner and turn it to the locked position. Adjust heat to medium-high. Vent steam for 10 minutes. Put weighted gauge on vent; bring pressure to 10 lbs. (psi). Process pint jars for 30 minutes or quart jars for 35 minutes. Turn off heat; cool canner to zero pressure. After 5 minutes, remove the lid. Let jars cool for 10 minutes. Remove jars from canner; do not re-tighten bands if loose. Cool 12 hours. Check seals. Label and store jars.