

Vegetable Bouillon



Serves 2 Prep 10 mins

Cooking 99 mins

Easy

Ingredients

1litre & 300ml stock from stock cube
1 onion, peeled and quartered
1 stick celery, trimmed and cut up into chunks
2 carrots, peeled and cut into chunks
bunch parsley, washed
1 bay leaf

1. Put all the ingredients into a large saucepan, bring to the boil and simmer for 99 minutes. (99 minutes is the most one setting of my kitchen alarm. You can of course make that 2 hours if you wish)
2. Put the vegetables through a sieve with a saucepan underneath to catch the lovely broth.
3. This broth is very good when recovering from a tummy bug, but can also be used for a base of soups etc.
4. A piece of chicken can be added if available, but be sure to skim off all the fat before using.