



Tuesday, January 26, 2021

Greater Newark Conservancy's Health Tip and Recipe

What's the Difference Between Broth and Stock?

Happy Healthy Tuesday!

National Soup Month continues! This week, I wanted to write more in-depth about the difference between broth and stock, and good ways to make homemade versions of both. Why make your own? While it's convenient to buy boxes, cans, or bouillon cubes, it's also easy to make your own, and can be healthier because the store-bought broth and stock can be high in sodium. Just like with canned soups, tomatoes, and beans, always look for the "no salt added" or "low-sodium" labels.

Broth and stock are often used interchangeably in recipes, which is perfectly fine, but it's worthwhile to discuss the difference between these two. Stock is made from bones. For meat-eaters, simmer chicken bones (or other animal bones) in water for a few hours to make a hearty and gelatinous stock. Click [here](#) for an example from The Kitchn blog of how to make turkey stock, which my family does after Thanksgiving every year.

Broth can be meat-based or vegetable-based. For vegetarian purposes, boil vegetable scraps to make a vegetable broth. Check out an example [here](#). Making your own vegetable broth is a great way to utilize vegetable scraps, rather than throwing them out or even composting them. Read more in the linked article, but essentially if you have the freezer space, you can stick vegetable scraps in the freezer until you're ready to boil them and make broth!

Broth tends to be thinner than stock, and lower in calories and fat, but stock tends to have more nutrients than broth, particularly protein and amino acids.

Did you miss Saturday's Family Fun in the Kitchen program? That's okay – it's not too late to watch the video on our [Facebook page](#). If you did tune in, email me pictures of your final product and let me know what you and your family thought! What's your favorite soup to make? [Email me](#) and let me know!

Wishing you wellness,

Megan



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P.S. Have you registered for our virtual Beds & Breakfast Conference yet? The theme is Planting Seeds of Change and we'll have a variety of interesting workshops related to gardening, food systems, composting, beekeeping, and more! Follow [this](#) link to learn more about the workshops and presenters and register.



Recipe of the Week

Homemade Vegetable Broth from Kitchen Scraps

Adapted from: <https://www.littlebroken.com/>

Total time: 1 hour 30 minutes
Yields: 8-9 cups

Ingredients:

- 1-gallon bag of frozen veggie scraps (onions, carrots, celery, and garlic are best, plus bell peppers, leeks, green onions, and mushrooms, and any others you like!)
- 13-15 cups water
- 1 teaspoon coriander seeds
- 1 teaspoon whole peppercorns
- 2 bay leaves
- 1-2 sprigs each: fresh thyme, rosemary
- Optional extras: garlic, onions, parsley

Directions:

1. Add frozen vegetable scraps to a 6-quart stockpot. Add water and the remaining ingredients. You should have enough water in the pot where you can easily stir the vegetables.
2. Cover and bring to a boil. Reduce heat to a bare simmer, and cook, uncovered, for 1 hour, stirring occasionally.
3. Take the pot off the stove and remove all the vegetables with a slotted spoon or a skimmer.
4. Set your strainer over a large bowl and pour the broth through. The broth should be clean and clear without any impurities. You can also run the broth through a cheesecloth.
5. Cool completely at room temperature and then divide into storage containers or gallon size freezer bags. Store in the refrigerator for up to one week or freeze for up to 3 months.

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