

Vegetable Broth-Freeze Dried Pantry Recipe

This recipe makes about 5 cups of vegetable broth powder



Ingredients

1 cup freeze-dried carrot powder
3/4 cup freeze-dried celery powder
1 cup freeze-dried mushroom powder
1/2 cup freeze-dried onion powder
1 cup freeze-dried kale powder
1/4 cup freeze-dried parsley
1 tbsp freeze dried garlic powder

Optional: salt or any spices you like

This is a freeze-dried pantry recipe using already pre-freeze-dried ingredients

Directions:

1. Measure all the ingredients into a large jar or mylar bag
2. Shake or stir to mix.
3. If you are using this as a pantry item, seal the jar after each use
4. Store in a mylar bag for long term storage

Rehydration: Add 1 cup of boiling water to 2 tbsp of vegetable broth powder. Stir and enjoy,

Notes: We also like this as a seasoning. You can use other vegetable powders and add any spices you like for your broth

Nutritional Value Per 2 tbsp of powder

Calories: 20 Protein: 1 g Fat: 0 g Carbohydrates: 4 g Sugar: 1 g Fiber: 1 g