

# Vegetable Scrap Broth

*8 cups of vegetable scraps is about 1 cup of broth powder*



## Ingredients

Vegetable scraps you have saved up from cooking. See below for more details.

### Common Vegetable Scraps for Broth:

**Onion Skins & Ends** – Adds depth and color  
**Garlic Skins & Ends** – Enhances flavor  
**Carrot Peelings & Tops** – Adds sweetness.  
**Celery Leaves & Ends** – Contributes a mild flavor  
**Leek Tops & Green Parts** – Boosts richness.  
**Mushroom Stems** – Adds a deep, umami flavor.  
**Potato Peelings** – Creates a thicker, heartier broth.  
**Tomato Ends & Skins** – Adds acidity and sweetness.  
**Bell Pepper Cores & Ends** – Adds a subtle sweetness.  
**Corn Cobs & Husks** – Adds natural sweetness  
**Herb Stems**– Enhances aroma and flavor.  
**Green Bean Ends** – Mild and slightly sweet.  
**Parsnip Peelings & Ends** – Brings sweetness  
**Beet Peelings & Tops** – Adds a deep, earthy flavor  
**Zucchini & Squash Peelings** – Mild & slightly sweet.

### Vegetable Scraps to Avoid (or Use Sparingly):

**Broccoli & Cauliflower Stems/Leaves** – Can make broth bitter.  
**Kale, Collard, or Mustard Greens** – Too strong and bitter.  
**Artichoke Leaves** – Can be overly tough and bitter.  
**Radish Peelings** – May add too much spiciness.  
**Eggplant Skins** – Can be bitter.  
**Cabbage or Brussels Sprout Leaves** – Adds depth but should be used sparingly to avoid bitterness.  
  
**Too Many Starchy Vegetables** (Sweet Potatoes, Pumpkin, etc.) – Can make the broth cloudy and thick.

### **Directions:**

1. Add parchment paper to your trays
2. Spread the vegetable scraps evenly on your freeze-dryer trays
3. Pre Freeze when possible
4. Freeze dry (my cycle time was 35 hours)
5. Powder freeze-dried vegetables with a high-powered blender or food processor
6. Store in jars for short-term use or in mylar bags for long-term storage

### **Rehydration:**

Dissolve 1 tablespoon of broth powder in 1 cup of hot water. Stir well and use as desired in recipes

### **Notes:**

Save your scraps in the freezer until you have enough to fill your tray(s). For bullion cubes, blend your scraps with a bit of water to make a paste. Pour it onto your trays, add the 40-portion divider & freeze-dry