

1 BROTH, 3 SOUPS

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Makes as many servings as you like

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How to make 3 (or more) different soups using the same broth as a base. Make the broth from veggie scraps you save from other meal preps. You can switch up the veggies and seasonings in your soup to make many different yummy flavor combinations! Think of this as a no-recipe, recipe. Fill your bowl with as many veggies as you want, there is no wrong way to do it!

INGREDIENTS FOR THE VEGETABLE BROTH

(you will need about 3 cups of broth per serving of soup) *makes about 16 cups broth*

- Approximately 1 gallon bag of veggie scraps
- 10 black peppercorns
- 2 bay leaves
- garlic, parsley, or other herbs
- 2 teaspoons apple cider vinegar
- 1 carrot, 1 onion, 2 celery stalks (*if your frozen scraps are lacking any of these, you will want to add in some of these veggies to supplement*)

DIRECTIONS FOR THE VEGETABLE BROTH

INSTANT POT

1. If using the Instant Pot, fill the pot with the veggie scraps, herbs and garlic (and any additional carrot, onion, or celery) just below the maximum line. Cover with water to the maximum line. Add vinegar. Throw in the peppercorns and bay leaves.
2. Set the Instant Pot to High Pressure for 20 minutes.
3. When the cycle is complete, vent the pressure manually.
4. Strain the veggies out of the liquid.
5. Store your broth in the fridge until you are ready to use it, or freeze any extra.

STOVETOP

1. If using the stovetop, fill your pot with with veggies, about 2" below the top of your pot. Fill with water to cover the veggies. Supplement your veggie scraps with carrot, onion or celery if your scraps are lacking any of these. Add the vinegar.
2. Bring to a boil, then reduce to low to simmer for about 1 hour. Turn off the heat and allow to sit, covered, for another 30 min to 1 hour, then strain.
3. Store your broth in the fridge until you are ready to use it, or freeze any extra.

NOTE: this recipe is a “no-recipe” recipe, meaning, I am not going to tell you exactly how many veggies to buy or cut up. But here are some guidelines:

- 1 serving of soup will take about 3 cups of broth and 1-2 cups cut up vegetables. I make mine with about 1 cup of veggies.
- 1 bowl of soup could use a handful of kale, 1 carrot sliced, 1 small tomato, and 1 stick of celery
- 1 zucchini could be spread over about 3-4 bowls of soup.
- Any scraps you make from prepping your veggies should go back into your freezer bag to make more broth!

TO MAKE RAMEN

Suggested veggies: mushrooms, carrot, baby bok choy, red bell pepper, corn kernels, bean sprouts, jalapeños, zucchini, snap peas, dried seaweed. Also, ramen noodles, kimchi, soy sauce, and miso paste.

1. Cook ramen noodles according to package directions (do this ahead of time and rinse with cold water after cooking so they don't stick together in the fridge).
2. Cut up desired veggies (do this ahead of time on your prep day).
3. When it's time to eat, bring broth for your number of servings to a simmer. 1 serving is about 3 cups broth.
4. Place noodles and kimchi in your bowl.
5. Throw number of servings of veggies in simmering broth for 2-3 mins. 1 serving of veggies is really up to you depending on how hungry you are!
6. Turn off the heat. Add in about 1-2 T soy sauce per serving, to taste. Add in 1 tsp white miso paste per serving. Stir to combine.
7. Scoop the veggies out of the broth and place in the bowl.
8. Ladle broth over top. Enjoy!

TO MAKE MEXICAN SOUP

Suggested veggies: chickpeas, red bell pepper, corn kernels, chopped tomato, jalapeños, zucchini, carrot, kale, Swiss chard, lime wedges. Also, rice, cumin, chili powder, cayenne pepper.

1. Cook brown rice or quinoa (do ahead)
2. Cut up veggies (do ahead)
3. When it's time to eat, bring broth for your number of servings to a simmer. 1 serving is about 3 cups broth.

4. Place rice, 1/2 teaspoon cumin, 1/2 teaspoon chili powder, and chopped tomato in bowl. Add pinch of cayenne pepper, if desired.
5. Throw serving of veggies in simmering broth for 2-3 mins.
6. Scoop the veggies out of the broth and place in your bowl.
7. Ladle broth over top. Enjoy!

TO MAKE TOFU NOODLE SOUP

Suggested veggies: carrot, baby bok choy, red bell pepper, zucchini, leeks, celery, parsley, kale, Swiss chard. Also, whole grain noodles or pasta, tofu.

1. Cook noodles (do ahead)
2. Cut up veggies (do ahead)
3. When it's time to eat, bring broth for your number of servings to a simmer. 1 serving is about 3 cups broth.
4. Place noodles, 1/3 cup cubed tofu in the bowl.
5. Throw serving of veggies in simmering broth for 2-3 mins.
6. Scoop the veggies out of the broth and place in the bowl. Optionally, you can add white miso to the broth for more flavor.
7. Ladle broth over top.