Ripe Vegetables

Cut vegetables into sticks or slices and add to a glass jar. Pack in as many as you can into one jar. Mix 3 cups water + 6 Tbl vinegar + 1-2 Tbl salt + 1-2 tsp additional spices (dill, garlic, mustard seed, cloves or peppercorns) This recipe makes about 3 1/2 cups of liquid, enough to fill 3 small jars. Add liquid to fill jar and refrigerate. Marinate overnight. Pickled vegetables will last for 1-2 months in fridge.

Soft cucumbers, peppers, green beans or radishes? Make quick refrigerated pickles!

Mushy tomatoes? Cook into a simple pasta sauce.

Wilted greens? Add into a soup or vegetable stir-fry.

Wilted herbs? Add to your favorite soups or sauces.

Homemade Vegetable Stock

- 2 Tbl tomato paste
- 2 tsp low-sodium soy sauce (optional)
- 5 cups vegetables or vegetable scraps (can be frozen)
- Black pepper to taste
- 3 cloves garlic, smashed
- 1/2-3/4 cup fresh herbs and stems (parsley, thyme, sage) or 2-3 Tbl dried herbs
- 1 bay leaf (optional)
- 8-10 cups water

Refrigerate homemade stock for up to a week or freeze for up to a year.

1. Add all ingredients to a large pot. Stir to combine.
2. Cook, over high heat, until it boils.
3. Once boiling, lower the heat to low and continue cooking for 1 hour.
4. Turn off the heat and allow the stock to cool for a half an hour.
5. Carefully, strain stock through a fine strainer and divide into freezer safe containers.

Makes 8 cups of stock

Use this flavorful vegetable stock to make soup, stew or even rice!

Any questions? Please let us know! Email RecipeRainbow@pittsburghfoodbank.org