



## Vegetable Stock

### Ingredients

2 tablespoon vegetable oil  
2 medium onion, coarsely chopped  
3 medium carrots, chopped  
3 medium celery rib with leaves, chopped  
1 head garlic, cloves crushed under heavy knife & peeled  
1 large russet or Burbank potato, cut into 2-inch chunks (unpeeled)  
¼ teaspoon dried thyme  
1/2 teaspoon black peppercorns  
6 parsley sprigs  
1 bay leaf  
1 teaspoon salt  
2 quarts water

### Directions

In a 5-7 quart pressure cooker, heat the oil over a medium-high heat.

Add the onions, carrots, celery, potato and garlic.

Cook, stirring occasionally, until the onions are golden and a light brown film forms on the bottom of the cooker, about 6 minutes.

Add enough water to come halfway up the sides of the cooker, about 2 quarts.

Stir in the parsley, thyme, bay leaf, salt & peppercorns.

Lock the lid in place; bring to high pressure over a high heat. Adjust the heat to maintain the pressure. Cook for 20 minutes.

Remove from heat and release the pressure naturally. This will take 20 minutes.

Strain the stock through a colander into a medium bowl. Cool completely.

(The stock can be prepared up to 3 days ahead, stored in an airtight container and refrigerated, or frozen for up to 6 months.)