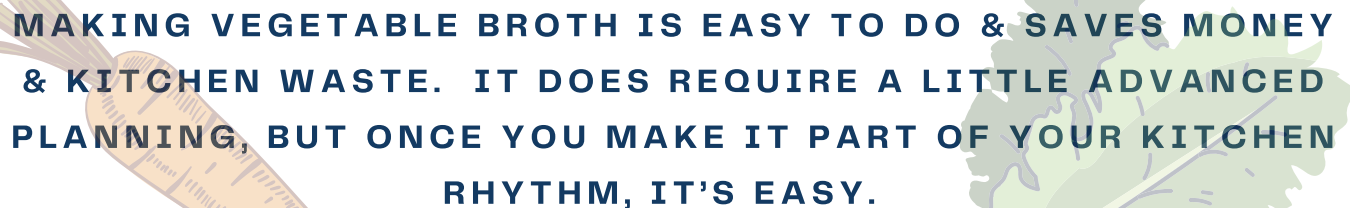


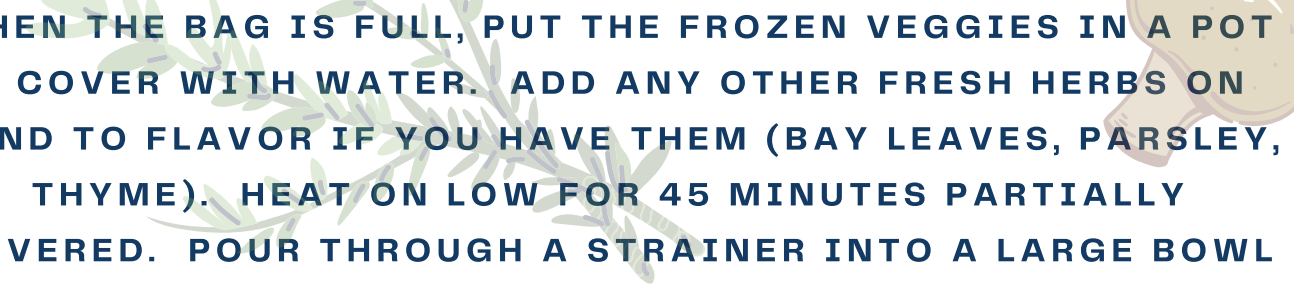
# COOKING FROM SCRATCH BASICS

## VEGETABLE BROTH



**MAKING VEGETABLE BROTH IS EASY TO DO & SAVES MONEY & KITCHEN WASTE. IT DOES REQUIRE A LITTLE ADVANCED PLANNING, BUT ONCE YOU MAKE IT PART OF YOUR KITCHEN RHYTHM, IT'S EASY.**

**WHENEVER YOU CUT UP VEGETABLES, COLLECT THE PIECES NOT USED (LIKE ONION & GARLIC SKINS, CLEANED CARROT PEELS, CELERY ENDS\*) INTO A QUART-SIZE FREEZER BAG.**



**WHEN THE BAG IS FULL, PUT THE FROZEN VEGGIES IN A POT & COVER WITH WATER. ADD ANY OTHER FRESH HERBS ON HAND TO FLAVOR IF YOU HAVE THEM (BAY LEAVES, PARSLEY, THYME). HEAT ON LOW FOR 45 MINUTES PARTIALLY COVERED. POUR THROUGH A STRAINER INTO A LARGE BOWL OR POT, DISCARD SOLIDS. ONCE THE BROTH HAS COOLED, TRANSFER TO FREEZER BAGS AND STORE IN 2-4 CUP PORTIONS.**



**\*TIP: I PREFER NOT TO USE CRUCIFEROUS VEGGIES LIKE BROCCOLI, CAULIFLOWER & BRUSSELS SPROUTS, AS THEY CAN OVERPOWER THE FLAVOR OF THE OTHER VEGGIES.**



Pinoleville Pomo Nation Wellness Center  
Good Health & Wellness in Indian Country



# BEANS

ONE CUP OF DRIED BEANS YIELDS 3 CUPS COOKED. FOR A RECIPE THAT CALLS FOR A 15 OZ CAN OF BEANS, THIS WOULD BE THE EQUIVALENT OF A HEAPING ½ CUP DRIED BEANS. MAKE SURE YOUR BEANS ARE NOT TOO OLD, AS THEY WILL TAKE MUCH MORE TIME TO COOK. IF THIS DOES HAPPEN, ADD ½ TSP OF BAKING SODA TO HELP TENDERIZE THEM.

SOAK THE BEANS FIRST, ONE OF 2 WAYS:

1) OVERNIGHT METHOD - PUT THE BEANS IN A POT & COVER WITH AT LEAST 2 INCHES OF COLD WATER & SOAK OVERNIGHT.

2) OR YOU CAN SIMMER THEM FOR 3-4 HOURS.

EITHER WAY, DISCARD THE LIQUID & ADD NEW LIQUID (YOUR VEGETABLE BROTH CAN WORK WELL HERE). YOU CAN EITHER COOK STOVETOP, OR FOR A MORE UNIFORM COOK, BAKE IN A DUTCH OVEN. LOOK TO A BEAN COOKING CHART TO KNOW HOW MUCH TIME THE TYPE OF BEAN YOU ARE COOKING TAKES TO COOK. ADD MORE WATER AS NEEDED TO KEEP THE BEANS COVERED.

## \* PROTEIN FOOD \*

PORK CHOPS  
GROUND BEEF  
CHICKEN

KIDNEY BEANS, CANNED  
KIDNEY BEANS, COOKED FROM DRY

## \* COST/SERVING \*

\$1.06 (4 OZ SERVING)  
\$0.99 (4 OZ SERVING)  
\$0.88 (4 OZ SERVING)  
\$0.51 (1 CUP SERVING)  
\$0.27 (1 CUP SERVING)