

## Vegetable Stock

1-2 onions, chopped  
2-3 celery ribs, chopped  
2 carrots, peeled, chopped  
1 leek, green part only, well rinsed, chopped  
1-2 garlic cloves, chopped  
3-4 sprigs of parsley  
1-2 sprigs of rosemary  
1-3 sprigs of thyme  
2 bay leaves  
1 tsp black peppercorns

12 cups water

1. Add all ingredients to Instant Pot inner pot.
2. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time to 30 minutes > After 10 seconds display will read ON
3. When time has lapsed > Allow for NATURAL PRESSURE RELEASE\*\* > Wait until silver button on lid drops > Remove lid away from you
4. Strain stock through a sieve, strainer, or nut milk bag.
5. Use immediately or store in fridge for 1 week or freezer for 3 months.

\*\*this can take up to 45 minutes