

HOMEMADE DRY BOUILLON SEASONING (VEGAN)

MAY 2017

FLAVORING IS A HUGE COMPONENT IN COOKING AND STOCK, BROTH AND BOUILLONS ARE ALL FORMS OF "LIQUID ESSENCE". USING YOUR OWN STOCK TASTES DRAMATICALLY BETTER THAN THE GROCERY OPTION.

I MAKE FOUR BATCHES A YEAR AND IT TAKES 20 MINUTES TO GATHER THE INGREDIENTS AND BLEND.

PLANTBASED VEGAN STOCK

- 3 OZ SUNDRIED TOMATOES
- 1 OZ DRIED SHIITAKE MUSHROOMS
- 1 CUP NUTRITIONAL YEAST
- 3 TBS ONION POWDER OR FLAKES
- 2 TBS SEA SALT (I PREFER HIMALAYAN SALT FOR ITS MINERAL CONTENT)
- 2 TBS RAW SUGAR
- 1 TBS DRIED PARSLEY
- 1 TBS GARLIC POWDER
- 1 TSP DRIED THYME
- 1 TSP DRIED OREGANO
- 1 TSP PAPRIKA
- 1 TSP MUSTARD POWDER
- 1/2 TSP GROUND BLACK PEPPER
- 1/2 TSP TURMERIC
- 1/2 TSP CELERY SEEDS
- 1/2 TSP SAGE
- 1/8 TSP CAYENNE PEPPER



GRIND YOUR TOMATOES AND MUSHROOMS IN SMALL BATCHES FIRST UNTIL IT IS CLOSE TO A POWDER.

THEN INCORPORATE ALL THE OTHER SEASONINGS, GROUND TOMATOES AND MUSHROOMS IN YOUR BLENDER.

STORE IN A GLASS CONTAINER WITH A TIGHT LID. USE 1 TABLESPOON OF POWDER TO 1 CUP OF WATER FOR YOUR RECIPES.

IF PROPERLY STORED IT WILL LAST UP TO ONE YEAR.



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