MAKING BROTH

1 SIMMER
Put all ingredients (see options below) in a large pot and add 4 quarts water. Bring to a boil and spoon off any foam that forms on top. Reduce heat and simmer until broth is reduced by half, 2½ to 3 hours.

2 STRAIN
Pour mixture through a strainer into a bowl and let broth cool; discard the stuff in the strainer.

3 PACKAGE
Ladle broth into quart-size freezer bags or containers (great for soup) and/or ice cube trays (handy for sauces), and freeze for up to 6 months; transfer the cubes to bags once they're solid.

Easy vegetable broth
MAKES ABOUT 2 QTS. | 4 HOURS

1 large onion, roughly chopped
3 medium carrots, peeled and roughly chopped
3 celery stalks, roughly chopped
2 large leeks, white and light green parts only, roughly chopped, rinsed well
8 oz. mushrooms
1 bunch parsley

PER CUP 14 CAL., 5% (0.7 CAL.) FROM FAT; 0.6 G PROTEIN; 0.1 G FAT (0 G SAT.); 3 G CARBO (0 G FIBER); 19 MG SODIUM; 0 MG CHOL.

Easy chicken broth
MAKES ABOUT 2 QTS. | 4 HOURS

About 2 lbs. chicken bones (from 1 large chicken) or chicken wings
1 large onion, roughly chopped
3 medium carrots, peeled and roughly chopped
3 celery stalks, roughly chopped

PER CUP 41 CAL., 33% (14 CAL.) FROM FAT; 5.6 G PROTEIN; 1.5 G FAT (0.4 G SAT.); 1.3 G CARBO (0 G FIBER); 32 MG SODIUM; 1.5 MG CHOL.

EASY RICH DARK CHICKEN BROTH
Use ingredients for Easy Chicken Broth, but before simmering, roast bones and vegetables with a little oil in a 350° oven until browned, about 30 minutes. ∎

+ QUICK SOUP IDEAS FOR YOUR BROTH

ASIAN CHICKEN AND HERB Heat it up with toasted garlic, shredded chicken, cooked rice, and herbs such as mint and Thai basil.

SAUSAGE AND GREENS Simmer with browned Italian turkey sausage, chard, and stewed tomatoes; top with shredded asiago cheese.

MEDITERRANEAN Add cooked chickpeas, marinated artichoke hearts, and parsley leaves; serve with crusty bread.

15 FAVORITE SOUPS AND CHOWDERS: sunset.com/soup