

Chinese Vegetable Stock

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-chinese-vegetable-stock-recipe>

Ingredients:

- 1 tablespoon vegetable oil
- 2 red onions medium, finely diced
- 15 slices ginger
- 10 garlic cloves crushed
- 1 tablespoon sea salt
- 3 medium carrots peeled and sliced
- 6 celery sticks sliced
- 10 spring onions trimmed and cut into 5cm lengths
- 3/4 cup coriander finely sliced, roots and stems
- 6 liters cold water

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 21 grams
3. Fat: 3.5 grams
4. Fiber: 7 grams
5. Protein: 4 grams
6. Sodium: 1970 milligrams
7. Sugar: 8 grams

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