

HOMEMADE STOCK CUBES

Veggies and Oil

- 1-2 Celery stalk with its leaves
- 1 large Carrots
- 2 Spring onions
- 1 medium size Onion
- 1/2 bunch of Mint leaves/parsley leaves
- 1 Bell pepper of choice
- 1-3 habanero pepper OR ata rodo
- 2-3 tablespoons HEALTHY oil of choice

Aromatics and Protein

- 1 small ginger
- 1/2 teaspoon Turmeric
- 1 medium Tomato
- 200g Boneless chicken/Beef uncooked
- 1 teaspoon Thyme
- 1 teaspoon Rosemary (optional)
- 1 teaspoon white pepper
- 4-5 Garlic cloves
- Dried spices of choice (corinader, cumin, clove, feungreek etc)

Method 1

1. Wash all the veggies and chicken thoroughly.
2. Place the chicken/beef in a pot, then add in the oil with the aromatics and cook ON LOW HEAT till the chicken and beef are done. Add a little water at a time if the pot starts to get dry.
3. Once the contents of the pot have cooled, add the veggies and all the contents of the pot into a blender and blend till smooth.
4. Scoop into an ice cube tray, cover with cling film n allow it to freeze completely.
5. Once done, remove from the ice tray and pack into ziplock bags to use later.
6. Alternatively, you can also scoop the mixture onto a baking tray and dry on low heat in a dehydrator or oven and blend into powder and store.

Note: There is no salt in this recipe, you can add salt if you wish to.