

Croutons

Made from leftover (old) bread

Ingredients

Day old French bread
Olive oil
Salt and freshly ground black pepper
1/4 teaspoon red pepper flakes (optional)

Directions

Preheat oven to 400 degrees F.

Cut bread into cubes and place in a large bowl. Drizzle cubes with olive oil, salt, pepper and red pepper flakes. Mix well.

Spread seasoned bread onto a sheet pan and bake for about 15 minutes.



Home-made Vegetable Broth

Broth made from veggies that otherwise would be thrown away

Ingredients

Vegetable scraps
Water
Salt (optional)

Directions

Throw the scraps into a large pot and add water. I don't completely cover the scraps with water because after you cook them for a few minutes, they shrink down and become immersed in liquid.

Simmer the scraps for about an hour. Add salt if desired.

Strain the scraps. I set a metal colander inside a metal bowl and dump everything into the colander. Lift out the colander and reserve the scraps for the compost pile.

Pour the broth into jars. I have a handy funnel with a strainer in it but it doesn't catch the super fine particles. You can also use cheesecloth.

There you have it. Two jars of tasty, healthier-than-store-bought broth that, aside from my time, cost me nothing to make. I threw nothing into the trash, and even these food scraps didn't go to waste.

