



## Salted vegetables

As a homemade alternative to instant vegetable stock, it is the ideal seasoning for soups and other savory dishes.

### Zutaten

4 Portionen

250 g Carrots  
250 g Parsnips  
250 g Celeriac  
250 g Leek (approx. 1 stalk)  
Parsley, flat-leaf (approx. 1/2 bunch)  
200 g Byodo sea salt

### Zubereitung

Peel the carrots, parsnips and celeriac and cut into large cubes. Clean and wash the leeks and cut into rings. Wash the parsley and pluck the leaves from the stalks. Put everything together with the sea salt in a food processor and chop.

Fill the salted vegetables into clean screw-top or preserving jars and store in the fridge or cellar.

It can be used as a seasoning for soups or other savory dishes, as a healthy alternative to instant vegetable stock. The salted vegetables will keep for several months in the fridge.

**Our tip:** Choose ingredients to suit your taste for this recipe! Leftover vegetables such as the stalk of

broccoli or cauliflower and carrot greens can also be used in this way. Only fresh onions are not suitable for the salted vegetables.