

Basic Beef Soup

with optional vegetables & flavorings

Makes about 3-5 quarts

Materials:

1 large roasting pan
1 8 quart stock pot, or larger
3-5 quart size canning jars, or other suitable glass containers for storage

Ingredients:

7-8 pounds of variety beef bones, including; shank, rib, oxtail, marrow, joint bones, etc.
1 tablespoons no carb vinegar
Enough water to cover bones in stock pot

Optional Ingredients:

1 large strip kelp
1 medium size onion - roughly chopped
2 large roughly chopped carrots,
1 roughly chopped celery heart
2 whole cloves garlic
10 peppercorns (not ground pepper - it will blacken the stock)
1 bay leaf

Preheat oven to 425° F.

Place bones and any optional ingredients used in a large open pan and brown for 30 minutes. Remove the bones to the stock pot. Pour a bit of water in the roasting pan and deglaze it, pouring that into the stock pot. Add all other ingredients and bring to a boil. Immediately reduce heat to low and simmer for about 48 hours. Remove bones and all else. Skim and store excess fat as desired. Separate meat from bones, saving the meat for the soup. Mix meat and stock and season as desired. Store in frig for 1 week with fat over the top to seal, or freeze.

Bone stocks are loaded with nutrition. See how they gel when cooled, above. No copyright, share as desired.

