

HEALTHY BEEF STOCK

Prep Time: 10 mins

Cooking Time: 3 – 4 hours

Serves/Yields: 14 cups

Ingredients:

- 3 – 4 lbs beef bones – preferably neck bones (2" pieces)
- 3 carrots, cleaned and cut into 2" pieces
- 3 celery stalks, cleaned and cut into 2" pieces
- 3 onions, peeled (1 layer only) and cut into quarters
- 3 tbsp extra virgin olive oil (evoo)
- 1 tsp coarse salt
- 1 tsp pepper
- 1 tsp dried parsley flakes
- 1 tsp dried oregano flakes
- 1 tsp dried basil flakes
- 2 bay leaves
- 4 quarts cold water



Instructions:

- ✓ Preheat oven to 400°F
- ✓ Place bones and vegetables on a large baking pan
- ✓ Sprinkle with salt, pepper and olive oil
- ✓ With tongs (or hands), stir the bones and vegetables to coat with oil
- ✓ Place into the oven and bake for approx. 60 mins
- ✓ About ½ way through, turn bones and vegetables (bake until nicely browned)
- ✓ Turn off oven and move the meat and veg. to a large stock pot
- ✓ Pour approx. 1/2 cup of hot water into the pan and scrape off the goodness (aka bits) and carefully pour into the pot
- ✓ Add parsley, oregano, basil, bay leaves, and cold water to the pot
- ✓ Over high heat bring to a boil, and reduce to a simmer
- ✓ Cover the pot loosely and let simmer for 3 –4 hours (just a bubble or 2 will do)
- ✓ Turn off heat and let cool
- ✓ Remove the fat with a large spoon and discard (you can also place the pot in the refrigerator overnight and skim off the fat the next day)
- ✓ Remove the beef and vegetables with a slotted spoon and discard
- ✓ Pour the stock through a strainer into a large pot and reserve juices
- ✓ Pour into 1 to 4 cup size containers) and freeze
- ✓ Use in your favourite dishes

Recipe by: The Kitchen Tool

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