



Homemade Beef Broth

INGREDIENTS

- pounds organic beef soup bones
- 3 onions, chopped
- 3-4 carrots, chopped
- 4-5 celery stalks, chopped
- 1 parsnip, chopped
- 3 dried bay leaves
- 1 Tbsp. whole black peppercorns
- 1 handful of fresh thyme, or 1 Tbsp. dried thyme
- 1 cup burgundy cooking wine, or 1/4 cup red wine vinegar/apple cider vinegar
- 1 Tbsp. sea salt
- 20 cups water (approx.)

DIRECTIONS

1. Preheat oven to 375 degrees F. Place the bones into a cake pan or roaster and roast for 45 to 60 mins.
2. Once bones are cooked, use tongs to transfer the bones to a large stockpot or crockpot. Add the remaining ingredients. Bring to a gentle boil. Watch for any scum to rise to the top and skim it off. Cover and simmer over medium-low for 12 to 72 hours, adding more water as needed to keep the ingredients submerged. If using a crockpot, all ingredients can be added to the crock and set on low to simmer for the next couple of days. No skimming will be necessary because the broth will be strained through a cheesecloth at the end.
3. After the broth has been cooked, remove the bones and pick off any meat left on them. Save the meat and incorporate it into the soup. Strain the broth into another pot or large bowl using a fine mesh strainer lined with cheesecloth, then transfer to containers for storage.
4. If you plan on using your broth within a week, refrigerate until ready to use. A layer of fat will form at the top of the container. Skim this off before using it. If freezing the broth, cool the broth in the fridge overnight, then skim fat off in the morning, then freeze. Freezing in BPA free plastic containers works best.