

Beltie Beef Broth

Ingredients:

4-5 lbs. beef soup bones, oxtail, or spare ribs
enough water to cover bones
1/4-1/2 cup apple cider vinegar
2-4 carrots (chopped)
medium onion (chopped)
2 dried bay leaves
1 head garlic
1-2 whole cloves
1 Tbsp. peppercorns
1 Tbsp. sea salt or Himalayan salt
dash of parsley, thyme or other savory spices you like

Directions:

Place all ingredients in large stock pot or crock pot (I use crock pot).
Simmer, keeping bones under water. Simmer 8-12 hours. Pour broth
through mesh strainer, then refrigerate until cooled completely. Skim any fat
off the top after broth has cooled and then re-heat. Pour heated broth into
ice cube trays and freeze cubes to store in freezer bags, or process stock
by ladling hot stock into hot jars, leaving 1 inch headspace. Process pints
20 minutes, quarts 25 minutes at 10 lbs. pressure in a steam pressure
canner. Yield: about 4 pints.