**Beef Stock**

 **This recipe was taken from the Weston A Price Foundation website. Please visit their site for more information** [**http://www.westonaprice.org**](http://www.westonaprice.org)

While the best beef stock is made with a variety of bones - knuckle, tail, marrow and meaty rib or neck - you can make beef stock from whatever types of bones you have on hand in a pinch.

The best beef bones can be obtained from a local grassbased beef farm. These farms typically sell them labeled as “soup bones”.

You can also obtain beef bones from a local butcher although the quality won’t be quite as good.

To make, place any knuckle, marrow, or foot bones in a large pot filled with enough filtered water to cover. Add ½ cup of vinegar, stir, and let stand for about one hour.

Place the meaty rib or neck bones in a roasting pan and brown at 350 degrees F, 20 minutes per side.

After browning, add these bones to the stockpot and pour the fat into a small glass bowl and reserve in the refrigerator for roasting vegetables.

Add a small amount of cold water to the bottom of the roasting pan and heat up over the burner using a wooden spatula to loosen any dried juices on the bottom of the pan.

Add this liquid to the stockpot as well along with 3 onions, carrots and celery all coarsely chopped.

Bring the stockpot to a boil and skim off any foam that rises to the top. Grassfed bones produce significantly less scum than bones from a conventionally raised cow.

Reduce the heat and simmer for a minimum of 12 and as long as 72 hours. 10 minutes before finishing, add a bunch of parsley to the simmering water to add even more minerals.

Remove the pot from the heat and strain. The meat can be reserved for sandwiches or Mexican dishes and the bones and vegetables discarded. Make sure to remove any marrow from the bones first as this is delicious spread on crackers or toast!

Store the broth in quart or half gallon containers in the refrigerator and freeze what you will not use within 5 days or so.

Stock that is left more than a week in the refrigerator can be re-boiled and safely used.

Note that lamb, buffalo, and venison stock are made in the same way as beef stock.

I hope this video tutorial <http://www.westonaprice.org/beginner-videos/stocks-and-soups-video-by-sarah-pope> has inspired you to make a pot of chicken or beef stock as soon as possible. There are few additions to your kitchen routine that will have as much beneficial impact on your family’s health! Once you have several quarts of stock on hand, you can make all your favorite soups using this authentic, traditional stock in place of any canned or tetrapack versions from the store. You can also use the stock to make delicious sauces and gravies.

For even more information about the benefits of homemade stock, be sure to refer to the Weston A. Price Foundation website.