

Roasted Beef Stock

Boost the flavor of all your favorite beef dishes. Try this stock, made with roasted beef bones, as a substitute for store-bought beef broth.

INGREDIENTS

- 6 to 8 pounds beef Bones
- 2 cups diced yellow onions
- 1 cup sliced carrot
- 1/2 cup sliced celery
- 2 tablespoons tomato paste
- 1 gallon water
- 10 black peppercorns
- 3 to 4 sprigs fresh parsley
- 2 cloves garlic
- 2 sprigs fresh thyme
- 2 bay leaves



10.00	6	42 Cal	1g
Hours	Servings		Protein

COOKING

1. Preheat oven to 475°F. Place beef Bones, onions, carrots and celery in roasting pan. Roast in 475°F oven 45 minutes or until browned, turning once. Spread tomato paste over bones; roast 15 minutes. Remove from oven; drain fat.

2. Place bones and vegetables in large stock pot. Scrape bottom of roasting pan to loosen any brown bits; add to stock pot. Add water; bring to boil. Add peppercorns, parsley, garlic, thyme and bay leaves to stock pot. Simmer stock 8 to 10 hours, occasionally skimming off impurities.

3. Remove stock pot from heat; cool 15 minutes. Strain stock through cheesecloth-lined colander into large bowl.

4.

This recipe can be made in a 6-quart electric pressure cooker. Preheat oven to 475F. Place beef Bones, onions, carrot and celery in roasting pan. Roast in 475F oven 45 minutes or until browned, turning once. Spread tomato paste over bones; roast 15 minutes. Remove from oven; drain fat. Combine beef Bones, roasted vegetables, 2 quarts water, peppercorns, parsley, garlic, thyme and bay leaves in pressure cooker. Close and lock pressure cooker lid. Use meat, stew or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		0g	0mg		9g	1g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com