



UCCE Master Food Preservers of El Dorado County

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Vegetable Stock

Yield: about 8 pint jars or 4 quart jars

Homemade stock adds naturally delicious flavor to foods and allows you to avoid unwanted additives that may be in commercial products. Small jars of stock are especially handy for use in sauces for saute'ed or pan-broiled foods.

- 1 lb. carrots (5-6 medium), cut into 1-inch pieces
- 6 stalks celery, cut into 1-inch pieces
- 3 medium onions, quartered
- 2 red bell peppers, cut into 1-inch pieces
- 2 large tomatoes, cored, seeded and chopped
- 2 medium turnips, chopped
- 3 cloves garlic, crushed
- 3 bay leaves
- 1 tsp. crushed dried thyme
- 8 whole black peppercorns
- 28 cups water

In a large stainless steel saucepan, combine all ingredients. Bring to a boil, reduce heat, cover, and gently boil for 2 hours. Uncover, and boil gently for 2 more hours. Strain stock through a fine seive or cheese-cloth-lined strainer. Discard vegetables and seasonings. Return stock to boil before ladling into jars.

Pre-prepare pressure canner, jars and lids 30minutes before stock is ready.

Ladle hot stock into hot jars, leaving 1-inch headspace. Wipe jar rims with a damp paper towel moistened with vinegar. Center lid on jar. Screw band down until resistance is met, then increase to finger-tip tight.

Place jars in pressure canner. Adjust water level, lock lid, and bring to a boil over medium-high heat. Vent steam for 10 minutes, then close the vent. Continue heating to achieve the pressure recommended in the chart below. Start your timer, and process jars per the chart below.

<i>In a dial-gauge pressure canner at altitudes of:</i>						
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	30 min	11 lb	12 lb	13 lb	14 lb
	Quarts	35	11	12	13	14

<i>In a weighted-gauge pressure canner at altitudes of:</i>				
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	30 min	10 lb	15 lb
	Quarts	35	10	15

source: Ball Complete Book of Home Preserving (2006/2012)