

Meat Stock (Broth)

Beef:

- Saw or crack fresh trimmed beef bones (with meat removed) to enhance extraction of flavor.
- Rinse bones and place in a large stockpot, cover bones with water. Place cover on pot and simmer 3 to 4 hours.
- Remove bones and cool broth; skim off excess fat and discard.
- If desired, remove any tiny amount of meat tidbits still clinging to bones and add back to the broth.
- Reheat broth to boiling and fill jars, leaving 1-inch headspace. Wipe rims of jars with a vinegar dampened clean paper towel.

Chicken or turkey:

- Place large carcass bones (with meat removed) in a large stockpot. Add enough water to cover bones. Cover pot and simmer 30 to 45 minutes or until any remaining tidbits of meat on bones easily fall off.
- Remove bones, cool broth and discard excess fat.
- If desired, remove any tiny amount of meat trimmings still clinging to bones and add back to the broth.
- Reheat broth to boiling and fill jars, leaving 1-inch headspace.
- Wipe rims of jars with a vinegar dampened clean paper towel.

Adjust lids and process following the recommendations in [Table 1](#) or [Table 2](#) according to the canning method used.

Table 1. Recommended process time for Meat Stock in a dial-gauge pressure canner.						
			Canner Pressure (PSI) at Altitudes of			
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	20 min	11 lb	12 lb	13 lb	14 lb
	Quarts	25	11	12	13	14

Table 2. Meat Stock Recommended process time in a weighted-gauge pressure canner.				
			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	20 min	10 lb	15 lb
	Quarts	25	10	15