



Rich Homemade Beef Stock



Yield: 8 cups stock (approx 2 quarts)

Ingredients:

- 7 -10 beef bones with marrow (or use any beef bones with a little meat left on them)
- 6 ounces tomato paste
- 2 onions, chopped (leave the skin on onions)
- 2 carrots, peeled and chopped
- 2 tablespoons dried parsley flakes (optional)
- 8 -10 black peppercorns
- 2 teaspoons salt (or to taste)
- Cold water (enough to cover the bones)

Method:

1. Place the bones on a greased baking sheet and brush liberally with tomato paste (use only tomato paste not tomato sauce).
2. Bake at 350 degrees F turning once during baking. Bake for about 25 minutes on each side, or until browned.
3. Place in the crock-pot or large stockpot along with remaining ingredients, and then add in enough water to cover.
4. Cover and cook on low for 12-24 hours OR on HIGH for 6 hours (if cooked on high setting the stock will be lighter in color and less concentrated). If cooking on the stovetop simmer on lowest heat for about 4-6 hours.
5. Remove from crock-pot or stockpot; strain and refrigerate. The stock will keep well for 4-5 days or may be frozen.