



100% Grass Fed Beef and Natural Vegetables  
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## *Grass Fed Beef Soup Stock and Bone Broth*

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**Is it broth or is it stock? Does it matter?** I use the words “stock” and “broth” interchangeably here. If you investigate the differences, there are many opinions, often conflicting, about the difference between stock and broth. Old-timers would have said that broth is made from meat and stock is made from bones, but today, “bone broth” is growing in popularity and is obviously made from bones.

Please do not allow the length of this article to deter you. Making broth is very simple and extremely rewarding! This is more of a guideline and set of tips than it is a “recipe”, although I do have a set of “Directions”, below.

*So, here we go: broth or stock, use the word that suits you best!*

The beginning of a great soup, and many recipes, is a great broth - for nutrition and flavor. Never start a soup with canned broth or bouillon - they are loaded with salt and preservatives, are over-processed, and lack the nutritional benefits and taste of home-made versions.

Nutritious broths are easy to make, and they start with the lowest-cost cuts - bones, meaty, ribs, shank, oxtail...

First, let me tell you that broth can also be captured as a "side product" from another recipe such as pot roast.

### **Broth from Pot Roast:**

That cup of water or wine that you add to your crock pot or roasting pan when you start your pot roast becomes broth. When the roast is done cooking, the resulting broth makes a fine vegetable soup base, and you might also have some leftover roast beef and vegetables to add to your soup.

### **Bone Broth:**

Active Time: 30-45 Minutes, plus occasional monitoring, and about 30-40 minutes at the end.

Cooking Time: Several Hours to Several Days

- Stop when you need to, or keep the pot simmering on the back burner, dipping out broth when you want some and replenishing with water.

The more bones you use, the more bone broth you make.

The bones: If you can, use several different types of bones cooked together, but good results may also be obtained using only one type of bone:

- Meaty bones - bone-in ribs, oxtail, shank, neck
- Boney bones: marrow and knuckle bones

- More boney bones: bones saved after cooking bone-in roasts, bone-in steaks, shank, or ribs (I save and freeze these bones for later).
- Good sources of marrow and gelatin: Shank and marrow bones.
- Good Flavor Bones: Meaty ribs, oxtail, shank, and any bone or meaty bone that is roasted under the broiler for a bit or was cooked earlier before tossing into the broth pot.
- Good sources of gelatin and collagen (good for your joints): Not surprisingly, joint bones - neck bones, knuckle bones, and oxtail are joints.
- You may also mix bones from pork, lamb, venison and elk to make broth.

I keep ziploc bags of bones in the freezer. Any time I cook something with a bone in it, I allow the cooked bone to cool a little, then toss it into the ziploc bag with the rest. My bags contain mixtures of bones from lamb, pork, and beef.

I keep my chicken bones separate (because sometimes I like to make broth with just chicken bones). You may segregate or mix your bones, as you wish.

Bones may be used several times to make broth (except for the smaller chicken bones). Simply make your broth, remove the bones, rinse, cool, bag, and freeze. You may cook, freeze, and repeat until your bones fall apart. So, a few bones make a lot of broth.

#### **Warning about re-cooked bones or long cooking times for MSG-sensitive People:**

Bones contain natural glutamic acid. After cooking for several hours, some of this natural amino acid comes out of the bone, into your broth. If you or a family member are sensitive to MSG, then you may also be sensitive to bone broth that simmered for many hours or days. This is not an issue for people without MSG sensitivity. Over-use of MSG in processed foods has created this modern-day sensitivity in some people, and deprives them of long-cooked bone broth, this most nutritious and delicious natural food. If you are concerned about this sensitivity, limit your broth cooking time to several hours and do not re-use the bones.

#### **Warning for People with Leaky Gut:**

Until you heal yourself, stick to broth made from meaty bones (80% meat/20% bone). Bone broth made with only boney bones may be too much for you.

**Flavor Ingredients for broth (optional):** I label this as optional, but broth is SO MUCH BETTER with some herbs and/or vegetables added for savory flavor. You should add some of these, not necessarily the entire list in one broth:

- Large pieces of vegetables: whole carrots, celery stalks (with leaves), parsnips, leeks;
- Whole, unpeeled onions;
- Whole Heads of Garlic;
- Trimmings from vegetables;
- The vegetables will give their life, their flavor, their nutrition to the broth. You will discard them after making the broth. Therefore, do not be concerned about bite-size pieces or perfection, and by all means, make use of leek leaves, celery leaves, and other trimmings.
- Seasonings: salt, pepper, rosemary, bay, thyme, oregano, parsley;
- Other seasonings: red pepper flakes, basil, and more - be aware that these seasonings will come through in any dish that you make with your broth.

#### **Directions:**

Start with several pounds of bones, the more the merrier.

Optional: For the best flavor, roast the bones - meaty or bare - prior to making the stock. Arrange the bones in one or more shallow pans in a pre-heated oven at 350-400°. Roast until you smell the aromas of the bones, and until bones and/or meat are nicely browned.

Place the bones in a large pot (preferably stainless or non-reactive) and cover with water - preferably filtered water. If you roasted your bones, be sure to pour the roasted pan juices into the pot! Make sure that you keep several inches between the top of the water and the top of the pot.

Optional, Highly Recommended: Add a tablespoon or two of apple cider vinegar, to extract more of the bone minerals into the broth during cooking.

Bring water to a boil, and skim off foam. This is important! The foam that initially rises to the top is not an easily digestible material. Get rid of it!

Once the foam has been skimmed, you may add your flavor ingredients: onion, garlic, carrots, celery, vegetable trimmings, salt, pepper, rosemary, bay, thyme, or other seasonings to taste. Reduce heat to barely a simmer, and cover pot.

It is difficult to maintain a very low simmer on many stovetops. I have a flat-top electric stove, so I place the pot off to one side of the burner. Some folks like to simmer their stock in a warm oven, set to about 225-250, or in a slow cooker (crock pot) set on low. The goal is to have the stock barely at a simmer - only the occasional bubble.

### Timing the Simmer:

- When using meaty soup bones (shank, oxtail, meaty ribs, neck), allow the broth to simmer for several hours (4-6 hours, 8-10 at most), until the meats are tender.
  - Stop or pause here to retrieve the meat.
  - Remove the pot from the heat. Using a slotted spoon, carefully remove the meaty pieces.
  - You may stop here to make a soup or other dish with your meat and broth. If you are stopping:
    - Remove all bones from the pot, and remove all meat from the bones.
    - You may save the bones for further cooking later, if you wish.
    - Remove all vegetables and discard.
    - Allow the broth to cool until safe to pour. Pour the broth through a strainer or cheesecloth, if desired. This makes a clearer broth, but is not strictly required.
    - If you want to make a soup tonight, cook fresh vegetables, grains, pasta or other ingredients in your broth, and add some or all of your meat. Adjust seasonings to taste.
    - Enjoy your meat and broth!
  - OR, you may retrieve the meat and continue to simmer the broth:
    - Remove the meat from the bones, and set the meat aside. Scoop out some broth, if you want to use some now.
    - Return the bones to the pot and top back up with water, if necessary. Return pot to heat, cover, and continue your simmer.

- When making bone broth with all bare bones, simply allow your broth to simmer as little as 4-6 hours, or as long as 72 hours or more. Dip a cup of broth any time you like and replenish the pot with water as needed.
  - I like to retrieve and eat the marrow after one day or less of simmer.

### More Comments

When you are finished cooking, remove the bones with tongs and set aside to cool. When bones are cool, you may remove any meat from the bones (or you may have already paused the process and done this).

Marrow may be removed from the bones as a nutritional treat for you or for your dogs, but do not add marrow back to the stock.

The contents of your stock pot may not look very appealing to you after several days of simmer. The liquid may contain floating globs of grey material and gelatin, and possibly chunks of vegetable trimmings and seasonings. But, you are only one step from lovely, clear stock. Strain the contents of your pan into a large bowl or stainless pan, and allow it to cool.

Transfer the stock to smaller containers for the refrigerator and freezer, portioning meat as desired between the containers. (You may also preserve stock using a pressure canner - follow canning instructions carefully).

Stock may be kept in the freezer for several months, or refrigerated for several days before using. If freezer space is limited, the strained stock may be cooked down further to a concentrated broth before freezing.

I often have a pot of broth simmering on the stove or in the crockpot during the winter, dipping cups of broth from the pot every day to sip with breakfast or lunch, or to use in cooking. Replace the broth taken with fresh water, and keep the pot going. Typically, I will allow the broth to cook for several days or up to a week, then remove bones and pieces of vegetables, strain, refrigerate and freeze the broth, freeze the bones, compost the vegetables, then start again when my broth supply runs low.

Use this nutritional, flavorful stock as a base for many soups and stews. See *Vegetable Beef Soup* recipe.

### VARIATIONS:

I also make chicken stock by the same method. Starting with a whole, cleaned chicken, I cut off the legs and wings, and filet the breasts to use in other recipes, then simmer the remaining carcass and neck as described above (cover with water; boil; skim; simmer for 4-8 hours; remove bones; cool; strain; return meat to broth). Typically, chicken bones can only be cooked once, although the larger chicken leg bones may be retrieved, frozen and used again later.

### A few words on Fat

You may, if you wish, cool the stock in the refrigerator, and remove all fat that congeals at the top. I do not remove all the fat - it adds flavor to the broth, and fat from grassfed beef is nutritious, containing Vitamin E and CLA. Any fat that I do remove is kept for cooking - this is called tallow, a wonderful fat suited for cooking, much better than Crisco and some oils.