



Chicken Stock Recipe

SERVINGS: 3 QUARTS

PREPPING TIME: 15 MIN

COOKING TIME: 6 - 8 HOURS

Ingredients

- leftover bones from two chickens
- 2 carrots, scrubbed clean and chopped
- 2 stalks celery, chopped
- 2 parsnips, scrubbed clean and chopped
- 2 bay leaves
- 2 sprigs fresh thyme
- 1 large onion, cut into wedges
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper



Directions

- Put the chicken bones, carrots, celery, parsnips, bay leaves, thyme, onion, salt, and pepper into a large slow cooker. Cover with water by 2 inches, then set on low. Cook for 10 to 12 hours. Skim off any fat or impurities from the surface, then strain the broth through a fine-mesh strainer. Store in jars.



HOW TO PRESSURE CAN STOCK OR BROTH

- Take your cooled broth or stock and skim off any fat (if desired).
- Pour broth into a large stockpot and bring to a boil.
- Meanwhile, start heating up your pressure canner and place jars in a sink full of very hot water.
- Have your other supplies ready for the next step.
- Taking one jar at a time, dump out the hot water, place the funnel into the jar, and, using a ladle, pour boiling broth into your hot jars.
- Leave one-inch head-space in your jar.
- Check each rim with your finger to be sure there are no knicks or chips. Then dip a towel into vinegar and wipe the rims of your jars to remove any residue.
- Seal each jar with lid, tightening bands to fingertip tight.
- Place jars, one at a time, into the pressure canner. Seal pressure canner following the manufacturer's instructions and allow it to come to a full boil.
- Let the pressure canner release a steady stream of steam for 10 minutes before weighting or adding your rocker/jiggler.
- Place the rocker or weighted gauge onto the pressure canner and process at 10 pounds of pressure for a weighted gauge or 11 pounds of pressure for a dial gauge (adjust pressure for your elevation!).
- Once the dial gauge reaches pressure, process pint jars for 20 minutes and quart jars for 25 minutes.
- Turn off heat and allow pressure to come down to zero pressure naturally.
- Let jars sit for 10 more minutes inside the pressure canner, then remove the lid to your pressure canner and transfer jars onto a towel in a draft-free location. Allow them to sit, undisturbed overnight before labeling and moving to the pantry for long-term storage.