



CANNING PROTEIN:

MEAT, POULTRY, FISH, BEANS, & SOUP

MEAT STOCK (BROTH)

(Source: Complete Guide to Home Canning, USDA, 1988)

BEEF: Saw or crack fresh trimmed beef bones to enhance extraction of flavor. Rinse bones and place in a large stockpot or kettle, cover bones with water, add pot cover, and simmer 3 to 4 hours. Remove bones, cool broth, and pick off meat. Skim off fat, add meat removed from bones to broth, and reheat to boiling. Fill jars, leaving 1-inch headspace. Adjust lids and process in a pressure canner.