

Make a Pot of Stock

First:

Choose a variety of meaty bones ...

Toss them into your pot

Cover with water.



Add:

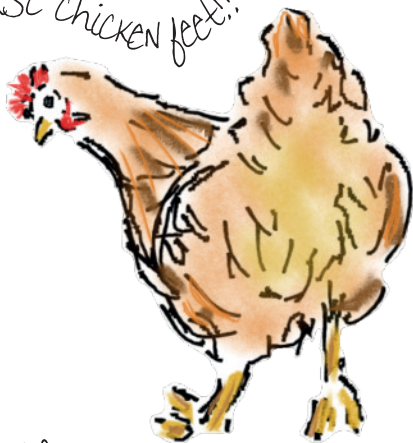
Veggies! Such as carrots, onion, and celery...

Apple Cider Vinegar! To draw the good stuff out of the bones...

Herbs of your choosing....



...use chicken feet!!



Then:

Let it simmer all...day...long.



Finally:

Add a final healthy boost with a few sprigs of parsley

Let it cool and refrigerate overnight

Remove the fat that rises from the top



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Now you are ready to can, freeze, or use your stock!