



## Beef Stock

6 meaty soup bones or short beef ribs - completely thawed  
1 small white onion  
4 garlic cloves – smashed  
4 bay leaves  
1 small carrot – peeled  
1 large celery stalk  
10 cups water

Preheat oven to 400 degrees.

Wash the bones thoroughly to get rid of blood and impurities.

Brush some oil on a roasting pan and place it in the oven for 5 minutes. Remove it from the oven and place the soup bones in it. Roast the bones for about 40 minutes until cooked and starting to caramelize.

Place the roasted bones in a large pot. Add 1 cup of water to the roasting pan and deglaze it - making sure to scrape all the brown bits. Pour the liquid into the pot on the bones.

Add 9 cups of water to the pot and bring to a boil. Reduce the heat and simmer for about 20 minutes. Add the onion, garlic, carrot, celery and bay leaves. Simmer soup for at least 2 1/2 hours until reduced and concentrated.

Use the stock as a base for your favorite stews, chilies or soups. You can partition it and freeze it for further use.