

## Extension Service

### Preparing and Canning: Meat Stock (Broth)<sup>1</sup>

United States Department of Agriculture, Extension Service<sup>2</sup>

**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.

**Chicken or turkey:** Place large carcass bones in a large stockpot, add enough water to cover bones,

cover pot, and simmer 30 to 45 minutes or until meat can be easily stripped from bones. Remove bones and pieces, cool broth, strip meat, discard excess fat, and return meat to broth. Reheat to boiling and fill jars, leaving 1-inch headspace.

Adjust lids and process following the recommendations in Table 1 or Table 2 according to the canning method used.

**Table 1.** Recommended process time for Meat Stock in a dial-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	20 min	11 lb	12 lb	13 lb	14 lb
	Quarts	25	11	12	13	14

**Table 2.** Recommended process time for Meat Stock in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	20 min	10 lb	15 lb
	Quarts	25	10	15

1. This document was extracted from the "Complete Guide to Home Canning", Agriculture Information Bulletin No. 539, USDA. Reviewed 1994.  
 2. For more information on home canning, contact your local Extension Service agent.