

Preparing and Canning: Meat Stock (Broth)¹

United States Department of Agriculture, Extension Service²

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

*After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.

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

*After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.

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