

## **BEEF STOCK**

**SOURCE:** Weight Watchers New Complete Cookbook

### **INGREDIENTS:**

4 lbs meaty beef neck bones or beef soup bones  
12 C water  
1 large onion, unpeeled, root end trimmed & cut into chunks  
1 large celery stalks with leaves, cut into 1" pieces  
1 large leek, cleaned & cut into 1" pieces  
1 small purple turnip, cut into chunks  
8 sprigs flat-leaf parsley  
2 sprigs thyme  
1 bay leaf  
12 black peppercorns  
1 1/2 tsp salt, or to taste

### **DIRECTIONS:**

Preheat oven to 400° F - in shallow roasting pan, roast beef, turning occasionally with tongs, till it begins to brown (about 30 minutes). With the tongs, transfer bones to large stockpot - add 12 C water + remaining ingredients - bring just to boil. Reduce heat & simmer, partially covered, about 2 hours, skimming off any foam & fat occasionally.

Line colander with paper towel or double layer of cheesecloth - place over a large bowl. Strain stock through colander, pressing the solids with a wooden spoon to extract juices - discard solids. Refrigerate stock till the fat rises to surface - scrape off & discard fat - OR, cool & transfer to 1 C freezer containers to freeze & remove fat when ready to use.

Makes 8 servings

(per serving: 19 calories; 0g total fat; 0g saturated fat; 0mg cholesterol; 427mg sodium, 3g total carbohydrates; 0g dietary fiber; 1g protein, 0mg calcium - WW points per serving: 0)