## **Meat Stock Chart**

Protein	Chicken, Goose,	Turkey	Beef, Lamb, Pork,	Fish
	or Duck		Bison, or Game	
Amount	Whole or half bird	About 2-3 lbs.	About 2-3 lbs.	About 3 lbs.
		thighs or legs (or a	meaty joints,	bones, fins, skins,
	Giblet or 3-4 lbs.	combination)	bones, or marrow	and head
	necks, backs, or		bones	
	wings (or a	Giblets or necks,		
	combination)	backs, and wings	Meaty soup bones	
			or soup bones	
			Shanks, meaty	
			ribs, or marrow	
			bones with a	
			piece of meat on	
			the bone	

Vegetables (optional)	Carrots, onions, zucchini, all non-starchy, and non-fibrous vegetables
Water	3-4 quarts to cover by 1 - 2 inches. The meat in the Dutch oven and the size of the Dutch oven determine the amount of water.
Spices	1 teaspoon black peppercorns and good quality sea or Himalayan salt
Type of Pot	5-6 quart Dutch oven, covered preferred, but can use a crockpot

Time	Chicken, Goose, or Duck	Turkey	Beef, Lamb, Pork, Bison, or Game	Fish
	Stove or oven:	Stove or oven:	Stove or oven:	Stove or oven:
	1-1/2 – 3 hours	2-1/2 - 3-1/2	3 – 6 hours	1 – 1-1/2 hours
	simmered on the	hours simmered	simmered on	simmered on
	stove or cooked in	on stove or	stove or cooked in	stove or cooked in
	300° F oven,	cooked in 300° F	300° F oven,	300° F oven,
	covered	oven, covered	covered	covered
	Crockpot:	Crockpot:	Crockpot:	Crockpot:
	1 hour on high,	1 hour on high,	Beef, Pork, Bison,	1 hour on high,
	then 6 hours on	then 8 hours on	or Game – 2	then 1 hour on
	low	low	hours on high,	low
			then 8 hours on	
			low	
			Lamb – 2 hours	
			on high, then 6	
			hours on low	

Eat the meat, tendons, fat, and the vegetables if you used them (vegetables are discarded when making broth).

Heather Carpentier, NC, CNE, CGP Health and Wellness Consultant Chronicles in Health, LLC www.chroniclesinhealth.com 612.799.7116