



## Homemade Beef, Chicken and Vegetable Stock.

Make a rich stock from scratch, freeze, then use as a base for gravies and sauces. This will intensify the flavor of any sauce. Boil down the meat bones with carrots, onions, and celery for several hours, strain and freeze.

For a vegetable broth, save the trimmings from the vegetables you cook with for a week and boil down with fresh carrots, celery, and onions for several hours, strain and freeze.