

Turkey Bone Broth

Recipe by Sandie Hunter, RD, LDN, MS, CSO, Clinical Nutrition Manager

Ingredients:

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| 6 pounds roasted turkey bones (back, neck and/or bones with or without meat) | 1 large sweet potato, quartered |
| 2 unpeeled medium onions, quartered | 1 8-inch strip of kombu (optional or substitute with dried seaweed) |
| 1 leek, cut in thirds | 2 bay leaves |
| 2 celery stalks, chopped in thirds | 12 black peppercorns |
| 4 unpeeled carrots cut in fourths | 6 fresh thyme sprigs |
| 5 unpeeled cloves garlic, halved | 4 whole allspice |
| 1/2 bunch fresh parsley | 1 teaspoon salt |
| 2 medium red potatoes with skin, quartered | |

Directions:

1. Rinse the vegetables. Place in 12-quart stockpot with all other ingredients, except the salt.
2. Fill the pot to 2 inches below the top of the pot with water. Cover and bring to a boil.
3. Reduce heat and simmer for at least 4 hours and up to 24 hours. You may need to add more water as the cooking process progresses.
4. Add salt when the cooking process is completed.
5. Strain the stock through a sieve or colander with a pot underneath to catch the broth.
6. Refrigerate. Spoon off and discard any fat that has risen to the surface the next day.

Makes 6 quarts.