

# Basic Broth Guide: Bone, Veggie & Seafood

## Veggie Broth

4 cups mixed veggie scraps (onion skins, garlic ends, carrot peels, celery tops, herb stems)

10 cups water

Optional: bay leaf, peppercorns, 1 tsp apple cider vinegar

Simmer: 45-60 minutes

## Bone Broth

1.5-2 lbs roasted bones (chicken carcass, beef or turkey bones)

10-12 cups water

Optional: veggie scraps, 2 tbsp apple cider vinegar, bay leaf

Simmer: 12-24 hours on low

## Seafood Broth

2 cups shrimp shells or 1 lb fish heads/frames

8 cups water

Optional: garlic, lemon peel, parsley stems

Simmer: 30-45 minutes (do not overcook)

## Storage Tips

Refrigerator: Store in glass jars up to 5 days

Freezer:

- Use wide-mouth mason jars (leave 1" headspace)
- OR freeze in silicone trays, then transfer to a freezer-safe bag

Label with type and date. Strain before cooling.

## Batch Tip

Start with 4-6 cups of frozen scraps (or 1 gallon bag) to yield 2-3 quarts of broth or one tray of frozen pucks.