



Fast, Rich Pressure-Cooker Beef Stock

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



9

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 3 pounds meaty beef marrow bones
- 2.5 pounds beef shanks 1-inch-thick ()
- 1 tablespoon peppercorns black
- 1 large carrots peeled cut into 2-inch pieces
- 2 celery stalks cut into 2-inch pieces
- 0.5 bunch flat-leaf parsley fresh
- 1 large onion peeled cut into 8 wedges

- 2 tablespoons tomato paste
- 8 cups water cold

Equipment

- bowl
- frying pan
- oven
- sieve
- roasting pan
- pressure cooker
- cheesecloth

Directions

- Preheat oven to 50
- Brush tomato paste evenly over bones and shanks; place in a large roasting pan.
- Add celery, carrot, and onion to pan; lightly coat with cooking spray.
- Bake at 500 for 30 minutes.
- Transfer bone mixture to a 6- or 8-quart pressure cooker; add peppercorns, bay leaves, and parsley.
- Pour 8 cups water over mixture. Close lid securely, and bring to high pressure over high heat. Reduce heat to medium or level needed to maintain high pressure; cook for 35 minutes.
- Remove from heat; release pressure through steam vent, or place cooker under cold running water to release pressure.
- Remove lid, and let stand for 20 minutes. Strain stock through a cheesecloth-lined sieve into a large bowl, pressing solids to release excess moisture. Discard solids. Cover and chill overnight. Skim solidified fat from surface; discard.
- Note: Refrigerate stock for up to 1 week or freeze for up to 3 months.

Nutrition Facts



■ PROTEIN 23.23% ■ FAT 71.91% ■ CARBS 4.86%

Properties

Glycemic Index:23.87, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:14.98043475462%

Flavonoids

Apigenin: 6.85mg, Apigenin: 6.85mg, Apigenin: 6.85mg, Apigenin: 6.85mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 327.67kcal (16.38%), Fat: 26g (40%), Saturated Fat: 1g (6.26%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 2.89g (1.05%), Sugar: 1.56g (1.74%), Cholesterol: 29.48mg (9.83%), Sodium: 95.13mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.89g (37.79%), Vitamin K: 55.54µg (52.9%), Vitamin B12: 2.52µg (41.96%), Zinc: 5.39mg (35.91%), Vitamin A: 1734.56IU (34.69%), Vitamin B3: 4.66mg (23.29%), Vitamin B6: 0.4mg (20.06%), Phosphorus: 197.76mg (19.78%), Selenium: 13.72µg (19.6%), Iron: 3.46mg (19.22%), Potassium: 413.29mg (11.81%), Vitamin B2: 0.19mg (10.98%), Manganese: 0.2mg (10.19%), Vitamin C: 6.73mg (8.16%), Vitamin B1: 0.11mg (7.05%), Copper: 0.13mg (6.52%), Magnesium: 20.41mg (5.1%), Fiber: 1.06g (4.24%), Folate: 16.52µg (4.13%), Calcium: 39.02mg (3.9%), Vitamin B5: 0.34mg (3.42%), Vitamin E: 0.25mg (1.64%)