

## **November 2023 FCH KWSO PSA's Preservation Recipe – Making and Canning Broth from Leftover Turkey**

**Hello, this is Sara Olson with the OSU Extension Family and Community Health Program sharing this month's food preservation recipe with you.**

**Grocery prices are on the rise, and it is more important than ever to not waste food. A great way to use all of turkey or other poultry is to make a broth from the bones. To make a broth simply put the bones into a large pot add enough water to cover the bones by 1 inch. For more flavor you can add scraps from veggies such as carrots, onions, and celery.**

**Bring to a boil then reduce heat to a simmer and simmer for 10-12 hours. The longer it simmers the more flavor it will have. You can add water to it as needed t keep the bones covered. It can also be made in a crock pot on low for 12 hours, or a pressure cooker for 4-6 hours.**

**Once your broth is done you can use it right away or can it for later. Since it is low acid it needs to be properly pressure canned to be safe from dangerous toxins. For instructions on how to safely pressure can soup broths please visit our Extension Facebook or Instagram page, or KWSO dot O R G just click on the OSU Extension box. You can also pick up information from us in our office in the Education Building. Check it out today!**