



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Stock

Ingredients

Ask the butcher for 1lb of soup bones
One or two peeled onions
One peeled clove of garlic
One peeled carrot
One medium – large tomato
One teaspoonful of herbs (dried or fresh)
One leek (optional)

Method

Place these in a pan with peeled onions, peeled clove of garlic, peeled carrot, tomato, teaspoonful of herbs (dried or fresh). If you have a leek use one of them too.

Cover with water, bring to the boil, and simmer for 2-3 hours allowing the stock to reduce to around a pint.

Drain it through a sieve or a colander.