



Bone Broth

Makes approximately 10 cups of broth

Prep Time: 10 minutes

Cooking Time: 8 hours minimum and up to 24 hours

Note: This recipe is using a 6 quart crock pot, increase ingredients for larger pots

Ingredients

1 ½ - 2 lbs. bones (beef knuckle, marrow bones, meaty bones, chicken or turkey necks, chicken or turkey carcass)

Filtered water to cover bones

1 head garlic cloves – peeled and crushed (optional)

1 onion – chopped into large chunks (optional)

1 carrot – chopped into large chunks (optional)

1 celery stalk – chopped into large pieces (optional)

Handful of fresh parsley (optional)

2 tsp. sea salt

2 Tbsp. apple cider vinegar



Directions

1. Place bones in a pot or a crockpot, add apple cider vinegar and water, and let the mixture sit for 1 hour so the vinegar can leach the minerals out of the bones.
2. Add more water if needed to cover the bones.
3. Add the vegetables and sea salt bring to a boil and skim the scum from the top and discard.
4. Reduce to a low simmer, cover, and cook for 8-24 hours (if you're not comfortable leaving the pot to simmer overnight, turn off the heat and let it sit overnight, then turn it back on and let simmer all day the next day)
5. During the last 10 minutes of cooking, throw in a handful of fresh parsley for added flavor and minerals.
6. Let the broth cool and strain it, making sure all marrow is knocked out of the marrow bones and into the broth.
7. Drink the broth as is or store in fridge up to 5 to 7 days or freezer up to 6 months. Can be used as liquid for grain, rice and bean dishes and added to soups or stews.