

BONE BROTH

Bone Broth Ingredients

- 2 pounds (or more) of bones from a healthy source (organic & hormone free) : or two pounds of bones per gallon of water.
- 2 chicken feet for extra gelatin (optional)
- organic chicken meat (optional)
- 1 cup Leafy veggies of your choice (optional)
- 2 cloves raw garlic
- 1 onion
- 2 carrots
- 2 tablespoons Apple Cider Vinegar
- Optional: 1 table spoon ginger, 1 bunch of parsley, 1 tablespoon or more of sea salt, 1 teaspoon peppercorns, additional herbs or spices to taste.

If you use raw bones, especially beef bones, it improves flavor to roast them in the oven first. Place the bones in a roasting pan and roast for 30 minutes at 350.

Then, place the bones in a large stock pot (I use a 5 gallon pot). Pour (filtered) water over the bones and add the vinegar. Let sit for 20-30 minutes in the cool water. (The acid helps make the nutrients in the bones more available).

Bring broth to a boil. Once it reaches a boil, reduce to a simmer and simmer until done.

- Beef broth/stock: 48 hrs
- Chicken or poultry broth/stock: 24 hrs
- Fish broth: 8 hrs