



Basic Bone Broth

Ingredients

- 3-4 pounds of either organic chicken bones or organic beef bones (choose marrow bones, joint bones)
- 1/2 cup of apple cider vinegar
- 3 ½ liters of water
- Sea salt & pepper
- 1 tsp – 1 tbsp of additional herbs and spices such as turmeric, ginger, garlic, thyme, sage, rosemary and parsley – use dry or fresh herbs depending on preference.

OPTIONS: This recipe is the bare minimum to making bone broth, however, to add flavor and minerals you may add carrots, celery and onion to the crockpot or pot whilst cooking. The flavor profiles are endless!

Instructions

1. Place bones in pot or crockpot and add apple cider vinegar and water. Add more water if you find that some of the bones are protruding (bones should be fully submerged). Add all remaining ingredients; herbs and spices in desired amount of your choice. Cover with a lid.
2. If using the pot method bring to a rolling boil for a few minutes, then reduce to simmer to cook for about 24-48 hours. For crockpot cooking just set to low and cook for 24-48 hours. If not comfortable leaving the stove or crockpot on overnight, you may turn it off and continue to simmer the broth the next day.
3. Once the desired time is up, allow the broth to cool; then strain it into mason jars and store in the fridge. Broth will be good for 5 to 7 days in the fridge. You may also freeze the bone broth for later use in airtight containers or heavy-duty freezer bags. Frozen broth will last up to a year in the freezer