Bone Broth



This is a basic recipe for broth that can be adjusted for what herbs and vegetables are available in your fridge, garden, or pantry. Anything you toss in the pot will have its nutrients and properties pulled out into the water, leaving you with a healthy, healing broth. After the initial simmering, strain and refrigerate or bottle

Fill a pot with bones of choice, including any parts like gizzards, feet, neck, etc. You can also use a whole chicken. Then add:

- *2 Tbsp of apple cider vinegar (this helps pull the marrow from the bones where most of the goodies are)*
- *1 large onion*
- *2 carrots*
- *3 stalks celery*
- *4 cloves garlic*
- *1 Tbsp fresh ground pepper or peppercorns*
- *Any vegetable scraps or herbs. I love to add thyme, oregano, rosemary, and medicinal mushrooms. Forage through the garden or yard for "weeds" such as alfalfa, dandelion, lambs quarter, plantain, sorrel, etc.*

STOVE TOP

Set your stove to med-high heat and bring to a boil, then lower to a simmer. Cover and let simmer 6 -24 hours.

SLOW COOKER OR INSTANT POT

Add everything to your crock pot or instant pot. Crock pot set to low heat, Instant Pot set to slow cooker and the time as high as it will let you go. Let simmer for a day or two.

