

## Bone Broth

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Bone broth is a soup that is rich in minerals, proteins and nutrients needed to heal body tissues. It is particularly nourishing for people who are healing from surgery and or have inflammatory and digestive concerns. We recommend using organic bones and vegetables. Bones broth can be drunk as a warm beverage or used in soups and as a braising liquid.

### **Basic Ingredients:**

4 - 6 quarts water  
2-4 lbs. meat or poultry bones with meat on bone  
1 teaspoon salt  
4 tablespoons apple cider vinegar  
1-2 large onions, peeled and coarsely chopped  
2 carrots, scrubbed and coarsely chopped  
3 celery stalks, coarsely chopped  
1 bunch fresh parsley  
2-3 garlic cloves, lightly smashed

Place all ingredients into your pot of the slow cooker. Make sure all of the bones and vegetables are covered by the water. The longer it cooks the more nutrients are infused into the broth, but bitterness can also develop from some herbs and vegetables. Taste throughout the process to find what works for you.

- Slow Cooker: cook on low for 12-24 hours.
- Stovetop: Bring water to a boil then reduce to a simmer. Leave partially covered with some air escape for 2-4 hours. A low temperature cook over a longer time period works best.

Strain the stock through a fine mesh strainer and store in the refrigerator.

You may need to strain excess fat off, depending on how your body tolerates it.

Drink warm ½ -1 cup at a time or use in your favorite recipes in place of stock.