

Bone Broth Recipe

Ingredients

- Grass-fed beef bones, chicken carcass or any mixture of bones from wild or pasture-raised, healthy animals
- Purified water
- 1 tablespoon vinegar (apple cider or white)

Instructions

- Place bones into a large crockpot. You only need a few bones to make broth, but the more you can fit in the crockpot the better.
- Fill with filtered water to cover all the bones completely (it's okay if there are a few bones poking out of the water a little).
- Add a splash (about 1 tablespoon) of vinegar.
- Set your crockpot on low, and cook for at least 6 hours, preferably longer. Poultry bones can go as long as 24 hours, and beef bones can simmer for up to 48 hours.
- When the crockpot is cool enough to handle, pour the broth through a sieve into a storage container or use tongs to pick the bones out.
- Season with salt and pepper to taste. Use within 5 - 7 days or freeze for later.

** You can add vegetables to your broth to make a healthy bone broth soup.**