

HEALTHFUL BONE BROTH RECIPE



Healthful, delicious and so soothing during the winter months, bone broth is known to improve many functions of the body, increase immunity and help with digestive issues.

It can be made from the bones of healthy beef, bison, lamb, poultry, or fish. Vegetables and spices are often added both for flavour and added nutrients.

I like to make this after cooking a roast or even roasting a chicken, instead of letting all of the bones go to waste. You won't regret giving this recipe a try!

Ingredients:

- 2 lbs bones (pre-cooked)
- 3.5 litres of water
- 2 tbs apple cider vinegar
- 1 chopped
- 2 chopped carrots
- 2 chopped stalks of celery
- salt and pepper to taste
- herbs and spices to taste (optional)
- 2 cloves garlic (optional)

Directions

1. Place the bones in a large stock pot.
2. Pour cold water and vinegar over the bones. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
3. Add the onion, carrots, and celery to the pot. Add any salt, pepper, spices, or herbs, if using.
4. Bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer.
5. During the first few hours of simmering, you'll need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away.
6. During the last 30 minutes, add the garlic if using.
7. Remove from heat and let cool.

8. Strain using a fine metal strainer to remove all the bits of bone and vegetable.
9. When totally cool, store in a jar in the fridge for up to 5 days, or freeze for later use.