



# Bone Broth

Bone broth soothes hunger pangs and provides salt and other electrolytes, making fasting much easier.

Here is one of our favorite recipes.

**Cook Time: 3-25 hrs**      **Serving Size: Varies**



## Ingredients

- 2-3 lbs of bones
- 2 stocks of celery, coarsely chopped
- 1 onion, coarsely chopped
- 2 tbsp of raw, unfiltered apple cider vinegar
- 1 tbsp of salt
- 1 tsp of whole peppercorns
- 2 carrots, coarsely chopped
- Other herbs and spices



**This bone broth can be kept in the refrigerator for 5 days or in the freezer for up to 6 months.**

## Directions

1. (Optional) Roasting the bones in the oven on a roasting pan at 350°F/177°C for 30 minutes gives it a nice flavour.
2. Place the bones into a stockpot and pour cool water to cover. Add raw, unfiltered apple cider vinegar, and let sit for 30 minutes to help release the nutrients.
3. Add the vegetables and dried herbs and bring to a vigorous boil, then reduce to a simmer.
5. When 30 minutes are remaining, add any fresh garlic or herbs.
6. Remove from heat and let cool for 5 minutes, then strain.

### **SIMMERING TIMES:**

<u>Chicken/Poultry</u>	<u>Cattle/Bison</u>	<u>Fish</u>
8 to 24 hours	2 to 24 hours	8 hours

4. Periodically remove any impurities that rise to the surface.

**TIP:** If possible, use high-quality bones such as grass-fed cattle or bison, pasteurized poultry or wild fish available from most local butcher shops or farmers. Bones from chicken, duck, turkey, or goose can be saved from leftovers and frozen.

You want your bone broth to be as jiggly as possible! It should have the consistency of jell-o when cooled, and will liquefy when reheated. If not, try adding less water or cooking longer. An electric pressure cooker reduces cooking times and simplifies the process considerably.