Bone Broth

Bone broth as been used in every tradition for thousands of years. It is loaded with vitamins and minerals to build a healthy immune system. By taking bones and cooking them for a few hours in water you create a deeply mineralized stock for all sorts of food not just soup. [Here are all the benefits of bone broth.](#)

Makes about 2 quarts

1 organic chicken, raw whole, or ask your butcher for 4 lbs of necks and
  backs or use the left over bones from a roasted chicken
1 Tb apple cider vinegar
1 bay leaf
1 tsp thyme
3 garlic cloves whole or chopped
1 carrot, chopped
1 onion, chopped
2 stalks Celery, chopped
parsley stems or other herbs

Optional
1 Rishi mushroom or few goji berries to make it more medicinal
1" ginger chopped

- Put all ingredients into a soup pot
- Add water to cover the chicken by 2"
- Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
- Cover and bring to a boil.
- Turn down to low so it is just simmering. Keep covered. (You can also make it in a crock pot)
- During the first hour of simmering, 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. Grass-fed and healthy animals will produce much less of this than conventional animals.
- Simmer on low for 3-6 hours. Add more water if necessary to keep the chicken covered.
- Strain cool, skim fat.
- Freeze or use within a few days

A few more things…

➢ The longer you cook it the more gelatinous and the richer the minerals. If you have a crock pot you can put it up before bed and it will be ready in the morning.
➢ If you don't have all the vegetables listed no problem, improvise. Use whatever is in your refrigerator. I like to put in small garlic cloves that are hard to peel.
➢ If I have some slightly wilted greens I will add them in the last hour so they don't go to waste.