

Bone Broth

Makes about 3 quarts

6 lb organic chicken bones, necks and backs or chicken parts, or left over carcasses from roast chicken
2 Tb apple cider vinegar

Optional Ingredients (for better flavor but not necessary)

1 bay leaf
1 tsp thyme
4 garlic cloves whole, I use the small ones I don't like to peel
1 carrot, chopped
1 onion, chopped
2 stalks celery, chopped

- Put all chicken, ACV and any other ingredients you are using into a soup pot
- Add water to cover the chicken by 3"
- Let sit for 20-30 minutes in the cool water. The acid from the ACV extracts the minerals from the bones.
- 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