

Bone Broth

Bone broth is revered for its gut healing collagen and proline, lovely yellow fat droplets and intense flavor – you may never buy another box of watered down stock again now that you know just how easy and economical it is to prepare your own at home.

🕒 Prep: 10 mins Cook: 24 hours Total: 24 hours 10 mins



Servings: Varies

1x

2x

3x

INGREDIENTS

- 2 chicken frames, without meat, about 3 pounds of chicken bones (or 1 turkey frame)
- Chicken feet (optional)
- 2 small onions, peeled and cut into quarters
- 2 medium carrots, peeled or scrubbed and cut into large chunks
- 3 stalks celery, washed and cut into large chunks
- 4 cloves garlic, peeled and smashed
- 1 1-inch knob of ginger, washed and peel left on (optional)
- 1 bay leaf
- 6-10 peppercorns (optional)
- 1 Tbsp. apple cider vinegar
- 4 quarts filtered water, more or less, to fill the slow cooker crock

INSTRUCTIONS

1. Place bones and chicken feet, if using, into a large stock pot.
2. Add onions, carrots, celery, garlic, bay leaf and peppercorns.
3. Fill pot with enough filtered water to cover the bones.
4. Add apple cider vinegar (this helps leach minerals and collagen from the bones as it cooks and is a crucial ingredient).
5. Bring to a boil and skim the scum that rises to the top with a large spoon.
6. Reduce heat to LOW and simmer, covered, for 24 hours adding additional boiling water, if needed, to keep the bones submerged.
7. After 24 hours, remove from heat and allow the broth to cool slightly before straining through a fine-mesh strainer.
8. Broth may be stored in Mason jars with lids in the fridge for up to 5 days (remove layer of hardened fat before use).

NOTES

This recipe can be made in a slow cooker by following steps 1-5 and then transferring the skimmed broth and bones to the crock of a 6-quart slow cooker. Cover and cook on LOW heat for 24-36 hours.

NUTRITION INFORMATION

Serving Size: 1 cup Calories: 50 Fat: 3g Sodium: 120mg Carbohydrate: 2g (Fiber: 0g
Sugar: 2g) Protein: 10g

DIETARY

Whole30

© The Real Food Dietitians Recipe By: The Simply Nourished Dietitians

Find it online: <https://therealfooddietitians.com/bone-broth/>

DO NOT SELL OR SHARE MY PERSONAL INFORMATION