

# Bone Broth

PREP TIME: 5 MINS

COOK TIME: 11-12 HOURS

YIELDS: 5 CUPS

## Ingredients

- 8 cups water, filtered
- 2 pounds animal bones
- 1 Tablespoon apple cider vinegar

## Recipe Benefits

- Anti-Nausea
- Gluten Free
- Hydrating

## Qualities

- Texture: Liquid
- Rating for Scent : 4/10
- Spice Level: 0/10

*Nutrition content unable to be analyzed due to variations with bones and also absorption/marinating*



## Directions

1. Add the bones to a large stock pot or Dutch oven.
2. Cover the bones with water.
3. Add the apple cider vinegar.
4. Bring the water to a boil and then reduce to a simmer.
5. Cook on a low heat for 11-12 hours, or overnight.
6. Allow broth to cool slightly, then strain the liquid and remove the bones.
7. Add dry seasonings to taste as desired and stir.
8. Store broth in storage containers and place in the refrigerator or freezer.



## Chef Tips/Adjustments

- This recipe can also be made in a slow cooker on low for 12 hours.
- Bones from any animal can be used. Bones that have more tissue and marrow provide the most flavor (e.g. beef shanks or oxtails).
- Apple cider vinegar can be substituted with lemon juice. This ingredient helps break down the collagen in the bones.
- The bone broth can be stored in the refrigerator, though the collagen will naturally solidify. Once the broth is reheated, the collagen will melt back to its liquid form.