

Ginger-Turmeric Bone Broth

PREP TIME: 15 MINS
COOK TIME: 1 HOUR

YIELD: 6 CUPS

Ingredients

- 1 qt. container of store bought chicken bone broth (4 cups)
- 4 cups cold water
- approx. ½ lb. raw chicken wings
- coarsely chopped raw vegetables (1 large carrot, 1 celery stalk, ½ small onion)
- 1.5 tsp ground turmeric (or 1 T. fresh grated)
- 2-inch piece of ginger, peeled & thinly sliced
- Fresh herbs (optional)- a sprig of parsley, thyme, tarragon, basil, and/or bay leaf
- Sea salt & black pepper to taste



Nutrition Content for 1 Cup

Calories: 138kcal
Fat: 5g
Fiber: 2g

Carbohydrates: 9g
Protein: 15g
Added sugar: 0g
Sodium: 275mg

Directions

1. Add all ingredients except salt to a large stock pot or Dutch oven. Stir well.
2. Bring to a boil and then lower heat to a simmer.
3. Cook on low heat for 1 hour, uncovered, as liquid slowly reduces, skimming foam and fat off of surface every 5-10 minutes with a ladle.
4. Allow broth to cool slightly, then carefully strain the liquid through fine mesh strainer into a large clean pot or bowl, pushing down on the bones and vegetables with ladle to extract most of the liquid. Discard the solids.
5. Add salt to taste and stir. Serve warm.
6. Store broth in storage containers and place in the refrigerator or freezer.

Chef Tips/Adjustments

- You can substitute beef bone broth and beef bones for the chicken.
- When chilled, the collagen in the broth will naturally gel/solidify. Once reheated, it will melt back to its liquid form.

Recipe Benefits

- Anti-Nausea
- Anti-inflammatory
- Hydrating

Qualities

- Texture: Liquid
- Rating for Scent : 4/10
- Spice Level: 2/10

