

BONE BROTH



Simple Recipe & Instructions
Use Any Bones You Have
Collagen & Gelatin Rich
Source of Amino Acids
Rich in Essential Minerals
BONUS: produces healthy fat
to use in cooking other dishes



How can I have *ready to eat* food in
my fridge that my kids with *allergies*
and special diets will *want* to eat?
THE ANSWER IS: SOUPS!



ONCE YOUR BONE
BROTH IS MADE
THE OPTIONS ARE
ENDLESS

Chicken Vegetable Soup
Winter Vegetable Soups
Healing Ginger Soup
Curried Butternut Soup
French Onion Soup



Bone “Broth” with Any Bones

This is a versatile recipe to get you started. Any bones can be used: cooked or uncooked bones; from a single type of animal or a mixture.

Ingredients:

- 8 cups bones
- ¼ vinegar (organic if possible to avoid chemicals)
- 4 cups chopped vegetables
- About four cups cold water

Notes:

- Vegetables give depth of flavor and added nutrition from minerals and enzymes.
- Choosing onion type vegetables and parsley stems are highly recommended.
- Using ends of vegetables like carrot tops, onion skins and wilted greens give you more value from your organic vegetable purchases.
- Water: often city water is treated with chemicals and fluoride is added. These are not good additions to your broth. Filtering your water is a good idea but in any case, use the cleanest water which you can access.

Instructions:

1. COOK: Place bones in a slow cooker (or an instant pot on slow cook setting) and pour vinegar over them. Toss them around a bit to distribute the vinegar among the bones.
2. Add vegetables and pour enough cold water over to cover bones and vegetables.
3. Cook on low for 12 - 24 hours while covered with a lid.
4. Prevent boiling if necessary by leaving the lid slightly open.
5. STRAIN: Remove bones and vegetables with a slotted spoon or tongs. Pour the stock through a fine strainer into a bowl or container. Plastic is not recommended for hot food.
6. Your broth is ready to use right away or store for later.
7. STORE: Cool to room temperature then refrigerate up to 5 days or freezer for months.
8. BONUS FAT: The natural animal fat will rise to the top and congeal. You may skim this off to put in small labeled containers in the refrigerator to use for cooking.