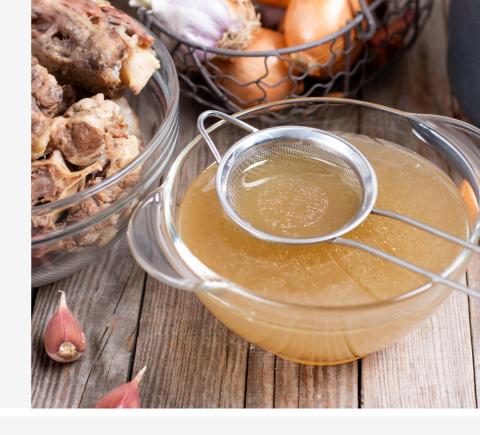
# BONE Broth



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.

Ing	redients:
	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:

- 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.