

## **How to Make Bone Broth**

**prep** 10 mins

**cook** 8 hours

**total** 8 hours, 10 mins

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**yield** 16 +

### **Ingredients**

- 2 pounds (or more) of bones from a healthy source
- 2 chicken feet for extra gelatin (optional)
- 1 onion
- 2 carrots
- 2 stalks of celery
- 2 tablespoons Apple Cider Vinegar
- Optional: 1 bunch of parsley, 1 tablespoon or more of sea salt, 1 teaspoon peppercorns, additional herbs or spices to taste. I also add 2 cloves of garlic for the last 30 minutes of cooking.
- You'll also need a large stock pot to cook the broth in and a strainer to remove the pieces when it is done.

### **Instructions**

- If you are using raw bones, especially beef bones, it improves flavor to roast them in the oven first. I place them in a roasting pan and roast for 30 minutes at 350.
- Then, place the bones in a large stock pot (I use a 5 gallon pot). Pour (filtered) water over the bones and add the vinegar. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
- Rough chop and add the vegetables (except the parsley and garlic, if using) to the pot. Add any salt, pepper, spices, or herbs, if using.
- Now, bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer and simmer until done.
- During the first few hours of simmering, you'll need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. I typically check it every 20 minutes for the first 2 hours to remove this. Grass-fed and healthy animals will produce much less of this than conventional animals.
- During the last 30 minutes, add the garlic and parsley, if using.
- Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days, or freeze for later use.