

Chicken BONE BROTH

- Bones, marrow, necks, wings, and cartilage from healthy, grass-fed chickens. Small bits of meat on the bone is ok, but otherwise you don't need meat. Fill almost to the top of crock pot, leaving enough room for vegetables.
- 2-4 organic carrots, quartered. Peels and tops can be left on, just scrub well.
- 2 stalks organic celery, roughly chopped. Leaves can be left on.
- 1 medium organic onion, cut into quarters. Leave the peels on and remove the roots. (TIP: Save extra onion skins for future broth making)
- 1 head of organic garlic (or less to taste). Leave the peels ON and cut whole head in half.
- 2 tablespoons apple cider vinegar. This is important because this is what draws out the gelatin from the bones.
- Herbs: 1-2 teaspoons each of dried marjoram, rosemary, and parsley, plus one bay leaf. You can use fresh herbs or other herb varieties too.
- Cold filtered water to cover everything. It usually takes 8 cups to fill my 3.5 quart crock pot to the top.
- Optional bonus: Add chicken feet which are loaded with collagen & nutrients.

Cook in a crockpot on LOW, and let it go at least 24 hours overnight. You can cook longer, even up to 48 hours. Let the finished broth cool down, then strain everything out with a slotted spoon. Mash through a mesh strainer to get all the liquid gold out of the veggies and bones. Once cooled, the finished bone broth will be jiggly and gelatinous. My 3.5 quart crock pot yields about 2 quarts of finished bone broth.

Store broth in fridge for up to a week or freeze. Drink fresh or add to recipes.



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