

Homemade Bone Broth

All you need to know to make flavorful and nutrient dense broth!

- Start by saving vegetable scraps in a bag in the freezer - onion ends/skins, carrot peels, celery leaves, etc.
- Roast a chicken/beef roast and take the extra juices and bones and save for broth.
- When you have enough bones and veggie scraps - it's time to make broth!



- Fill your stock pot with the bones and veggie scraps to the top
- Add 1-2 Tbsp of peppercorns, 1-4 Tbsp unrefined sea salt, and 1/4 cup apple cider vinegar (pulls the minerals out of the bones)
- Fill the rest with water
- Bring to a simmer and cover
- Simmer chicken bones for 24 hours and beef for 48 hours

- Strain and put in containers for storage
- If storing longer term, make sure there is at least 1/2 inch fat on the top to seal - then store in the fridge for months if fat seal is not disturbed
- Use in recipes, soup bases and just to drink straight!

