

Simple Bone Broth

Ingredients

Grass Fed Beef Bones, chicken carcass or any pasture raised (preferably organic) animals

1 large onion

2 Carrots

3 Celery stalks

Purified Water

2 tablespoons Organic Apple Cider Vinegar

1 Bunch Parsley



Method

Place the bones into a large crock pot or slow cooker. Add as little or as many bones as you like – the more you can fit, the better.

Add any vegetables and fill the pot with filtered water to cover completely.

Add the Apple Cider Vinegar and cook on low for at least 20 hours. (Poultry bones can go as long as 24hrs, and beef bones can simmer for up to 48 hrs).

Ten minutes before the end, add the parsley. Turn off the heat and allow to cool a little, then strain.

Season with salt and pepper to tastes.

Use the broth within 5 -7 days or freeze for later.

www.happyandhealthywithhayley.com.au

Mobile: 0408 083 582

Email: happyandhealthywithhayley@gmail.com

