

Healing Broth



- bones (and all the stuff you don't normally eat - the neck, feet, connective tissue, etc.),
- onions,
- garlic,
- carrots,
- celery,
- 2 Tbs. apple cider vinegar,
- 2 or 3 bay leaves and other herbs as desired

Assemble ingredients. Put all ingredients in a large stock pot. Cover with plenty of water and add 2 Tbs apple cider vinegar to help draw out the minerals from the bones. Heat slowly in covered pot. Bring to a boil and then reduce heat to simmer for at least 6 hours. Chicken bones can cook for 24 hours. Beef bones can cook for 48 hours. A low and slow cook time is necessary in order to fully extract the nutrients. Strain out bones and vegetables and discard. After cooking, the broth will cool and a layer of fat will harden on top. This layer protects the broth beneath. Discard this layer only when you are about to eat the broth. Store in refrigerator. Use to makes soups, and sauces. You can use broth instead of water to make rice to add flavor and nutrition.