

Basic Bone Broth

Raw or cooked bones, bones with a lot of connective tissue are best; necks, legs, wings. If you will be using it for food a whole chicken works great. If you eat meat with bones save your bones in the freezer to use. I typically use a whole chicken and chicken or turkey necks as they break down well.

Water (enough to cover the bones)

Raw Apple Cider Vinegar or Lemon Juice, 2- 4 tablespoons, if you forget this it won't make bone broth, just broth.

2-3 Cloves crushed garlic

Put all your ingredients in a crock pot and cook for 24 hours. You can cook on the stove top but remember to turn it off if you are leaving the house or going to bed.

When done strain all the hard material out of the broth. If using the meat from the bones pick it off by hand. **DO NOT** feed your pet cooked bones. Freeze what cannot be used in a few days either in an ice cube tray or larger container.

You can add vegetables or herbs to the mix to increase the benefit.

Some ideas are:

Herbs:

I change my herbs out as needed, nettles during allergy season, oregano in cooler weather for warming or digestion issues.

- Nettles
- Dandelion Root
- Astragalus Root
- Shitaki or Reishi Mushrooms

Vegetables:

Most any green leafy vegetable will work: kale, spinach, etc. Also, Squash, Broccoli, Purslane, Fennel or Sweet potato. Fresh Turmeric or Ginger root can be added, 2-3 teaspoons at the end of the cooking.