



BONE BROTH

Directions:

- Preheat oven to 425 degrees Fahrenheit, place the rack in the bottom third position.
- Rinse and quarter the vegetables. No need to peel or remove the skin. Dry the vegetables.
- Place the raw beef bones and vegetables on a greased sheet pan and place in the oven to roast for 30 minutes, then remove from oven and place in a large stock pot, Instant Pot or Crock Pot. No need to roast the poultry carcass if it has been previously cooked.
- Add herbs. Add water (just enough to slightly cover the bones and vegetables).
- If using an Instant Pot, soak the bones overnight in the pot insert, covered. The next morning put the pot insert in the Instant Pot and put on the lid and flip the pressure vent to sealing. Use the soup setting and put the pressure on low. Set the timer to 2 hours and let it cook. After its done, allow the pressure to reduce to zero before removing the lid. This will take about an hour.
- For stove top, cover with a lid and bring to a boil. Reduce to a simmer (180 degrees) for at least 6 hours (for poultry bones), at least 12 hours up to 24 hours for other bones. Remove any scum that rises to the top.
- For slow cooker, cover bones, water, spices and vegetables with lid, set to low and cook for 12 hours. Remove the scum that rises to the top.
- Remove the bones, vegetables and spices and strain the broth.
- The bones can be used again to make a second batch.
- Use as a base for soups, stews, sauces or other recipes.

Health benefits:

- Rich in collagen important for healthy skin, nails and joints
- Provides gut healing properties
- Supports hydration
- Reduces inflammation
- Supports weight loss

Storage: Strain the broth and refrigerate overnight. Remove the solid fat that forms on top. Pour the broth into clean jars and put on the lid. The broth may congeal after refrigeration, which is good. Refrigerate and use within 3 -4 days or freeze for up to 1 year.

Nutrition (per 1 cup serving) Bone Broth - 41 calories, .09 gm protein, 1 gm fat, 286 gm sodium, 2.5 mg cholesterol, small amounts of calcium, iron and potassium.

Ingredients:

3 - 4 pounds beef bones (marrow bones, knuckle bones, rib bones)

OR

2 pounds of poultry bones or carcass

2 garlic cloves

2 celery stalks, quartered

2 carrots, quartered

1 medium onion

1 T Apple cider vinegar or lemon juice

1 tsp Sea or Kosher Salt (optional)

1 T black pepper corns

2 bay leaves

Just enough cold filtered water to cover the bones

Optional – thyme, oregano, basil

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