BONE BROTH RECIPE

There are so many benefits to drinking bone broth. It is rich in minerals and probably THE best source of collagen. Bone broth improves the digestion, joints, skin, hair, brain, reduces inflammation, helps with weight loss, enhances bone density... The benefits are almost endless. Here is a simple recipe on how to make it yourself. It takes a while to prepare, but the result is well worth the effort!

Ingredients



- 3-4 pounds beef marrow and knuckle bones
- 2 pounds meaty bones, such as short ribs
- 1/2 cup raw Apple Cider Vinegar
- 4 quarts filtered water
- Sea Salt

Optional Additions for added flavor and minerals:

- Celery Stalk or Root
- Carrots
- Onions
- Parsley, Thyme, Rosemary or Sage

Directions

1) Add bones, filtered water and vinegar to a large pot and let sit for 1 hour. This starts the process of the vinegar leaching the minerals from the bones.

2) Add enough filtered water to cover the bones, add vegetables if desired, and bring it to a boil.

3) Skim the scum from the top and discard.

4) Reduce the heat to low and simmer for 24-48 hours.

5) In the last hour, add fresh herbs for added flavor, if desired.

6) Strain the bones from the broth once it has cooled down. Salt to taste and drink immediately or keep it in the fridge for up to 5 days. It can also be frozen for up to 6 months. Bone broth is a great addition to soups or stews.