



Easy Bone Broth Recipe

Ingredients

- 3 pounds of beef bones or 1 whole chicken carcass
- 3 medium carrots, chopped
- 2 onions, chopped
- 3 celery stalks, chopped
- 3-4 cloves of garlic, smashed
- Fresh herbs of your choice
 - Bay leaves
 - Thyme
 - Rosemary
 - Parsley
 - Oregano
- Tsp Sea salt or pink Himalayan salt
- Tsp fresh cracked pepper

*Include some sliced turmeric and ginger root for added anti-inflammatory properties and enhanced absorption.

Instructions

1. Place all ingredients into your pot and cover completely with water
 - Stock pot - Boil for 4 hours, then gently simmer for 1 hour.
 - Slow-cooker - Cook for 36 hours.
 - Instapot - 90-120 minutes.Done when bones are empty or when all meat has fallen off the carcass.

2. Strain and store in the fridge for one week.

3. Enjoy 1-2 cups daily.

Pro Tip: Pour unused broth in ice cube trays and store in the freezer for up to 3 months. Heat 2-3 cubes at a time for a quick serving.