



Rich Beef Bone Broth

INGREDIENTS

3-4 lbs beef marrow and small knuckle bones		½ cup raw apple cider vinegar
2 lbs meaty bones such as short ribs, chicken or turkey		4 quarts filtered water
3 celery stalks, halved	3 carrots, halved	3 onions, quartered
4 garlic cloves	2 bay leaves	2 tsp dried thyme
handful of fresh parsley	Sea salt	

DIRECTIONS

If you are using raw bones, especially beef bones, it improves flavor to roast them in the oven first. Place the bones, vegetables and garlic in a roasting pan and roast for 30 minutes at 350. Then, place the bones and veggies in a large stock pot or crock pot. Pour cold water over the bones and add the vinegar. Let sit for 60 minutes in the cool water. The acid helps make the nutrients in the bones more available. Add bay leaves, thyme and salt now. Once it has reached a vigorous boil, reduce to a low simmer for 24 - 48 hours. During the first few hours of simmering, scoop off any frothy/foamy layer that forms and throw this part away. Check it every 20 minutes for the first 2 hours. During the last 30 minutes, add the parsley. Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days. A gelatinous broth (when chilled) is a sign of a successful simmer. Broth may be frozen for later use as well.