

Nourishing Bone Broth

Bone broth is an excellent source of vitamins and minerals and is known to boost the immune system and improve digestion. Because it is also high in collagen and glycosaminoglycans (GAGs), which include chondroitin, glucosamine and hyaluronic acid, it supports healthy joints, hair, skin and nails.

It can be made from the bones of any animal. However, if using bird (like chicken) or fish, be sure to encase in cheese cloth so the bones don't disburse in the vegetables. Note that you want uncooked bones with marrow intact, as it is the marrow that contains healthy fats and collagen, as well as easily digestible forms of zinc, phosphorous, calcium and iron. Also note that chicken feet are particularly high in collagen and you can ask for them at your local butcher. Be sure to look for organic, free-range chickens and grass-fed cows, so you get the most out of your broth without introducing any unwanted byproducts. To learn more about labeling, visit <https://bit.ly/2sCbScV>.

Ingredients:

2 pounds (or more) of bones from a healthy source
2 chicken feet for extra gelatin (optional)
1 onion, quartered
2 carrots, unpeeled and coarsely chopped
2 stalks of celery, coarsely chopped
2 TBSP Apple Cider Vinegar (helps draw nutrients from bones)

Optional herbs and spices:

2-4 pieces of fresh garlic, peeled
2-4 one-inch pieces of fresh ginger, peeled and coarsely chopped
2-4 pieces of fresh turmeric, peeled
1 bunch of fresh herbs of choice (basil, oregano, parsley, sage, thyme, etc)
1-2 bay leaves
1 TBSP sea salt
1 TBSP cumin
1 tsp peppercorns

Instructions:

1. Put everything in a large stock pot or slow cooker and cover with water. Note that if you don't have enough water, you won't have enough broth and if you have too much, it won't be very concentrated.
2. Heat and simmer on a low (do not boil) for anywhere between 8 and 24 hours.
3. After your broth has reached the desired color and flavor, remove the bones and strain out the vegetables, herbs and spices.
4. Store excess broth in mason jars, which can be frozen for future use, and reserve vegetables for other dishes.

You will get very different tasting broth depending upon the types of bones you use, as well as herbs and spices. By first roasting the bones and sautéing the vegetables, you'll create more flavor. Experiment and find what works best for you.