

Simple Bone Broth

Serving size: makes about 4 quarts

Prep time: 10 minutes

Cook time: 25 minutes + 24-72 hours

Total time: 35 minutes

Ingredients

- 3-4 pounds beef marrow and knuckle bones
- 2 pounds meaty bones such as short ribs
- 1/2 cup raw apple cider vinegar
- 3 quarts filtered water
- 3 celery stalks, halved
- 3 carrots, halved
- 3 onions, quartered
- Handful of fresh parsley
- Sea salt



Preparation

1. Place bones in a large pot or crockpot, add apple cider vinegar and water, and let the mixture sit for about 1 hour. The vinegar will help leach minerals out of the bones.
2. Add more water if needed so the bones are fully covered.
3. Add the vegetables, bring to a boil. Skim and discard any foamy residues.
4. Reduce to a low simmer, cover, and cook for 24-72 hours. (The crockpot method is best for this)
5. During the last 10 minutes of cooking, throw in a handful of fresh parsley.
6. Let the broth cool and strain it, making sure all of the bone fall into the broth. Add sea salt to taste.
7. Drink the broth as is or store in fridge up to 5 days or freezer up to 6 months for use in soups or stews.

Adjusted from: <https://recipes.mercola.com>