

BONE BROTH RECIPE

High quality soups start here

- 1 whole chicken, 1 whole turkey carcass, 3-5 pounds grass-fed beef bones, OR 1 pound fish bones - rinsed
- 6 garlic cloves
- 1 onion
- 2 large carrots, scrubbed and chopped
- 3-4 celery stalks, rinsed and chopped
- 1-inch gingerroot, peeled and sliced into coins
- 1/4 C apple cider vinegar (helps to break down and release more nutrients from the bones)
- 1 tsp turmeric powder
- 1 Tbsp chopped fresh parsley
- pepper and other herbs to taste

1. Place your bones, apple cider vinegar, vegetables, and seasonings in a large soup pot or slow cooker. Fill to the max fill line with filtered water.
2. If cooking over the stove, bring the pot to a boil over medium-high heat, reduce the heat, and let simmer between 8-10 hours. If cooking in a slow cooker, set it to LOW and let cook for 8-10 hours. OR follow the instructions on your pressure cooker.
3. Once cooked, strain the broth, let it cool, and strain through a fine mesh strainer, discarding the solids
4. Store it in glass containers in the fridge for up to 5 days or in the freezer for up to 6 months.

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Sourced from Dr. Will Cole's book, *The Inflammation Spectrum*