



Marjie C. Andrejciw, MT (ASCP), MS, NC
Holistic Nutritional Counselor
www.circleoflifenutrition.net
(810) 869-8898

Bone Broth

Ingredients:

4 – 5 quarts of water
1 – 2 chicken carcasses with drippings (left over from a roasted chicken) or 4 – 5 large soup bones from beef, pork, or lamb
2 – 4 chicken feet (optional)
2 tbsp of raw or unpasteurized apple cider vinegar*
1 – 2 stalks of kombu (sea vegetable)
3 tsp sea salt (may add more to taste)

Procedure:

Simmer 4 -5 quarts of water, bones or chicken carcass, kombu, vinegar, and sea salt for at least 6 hours or longer in a stock pot or a crock pot. The longer you simmer the more rich and flavorful the broth. Strain the broth and allow to slightly cool.

After the broth has cooled it can be frozen for future use.

*must use raw or unpasteurized vinegar, do not leave this out. This helps release the important minerals from the bones and does not affect the taste.