

Beef Bone Broth

Ingredients

454 gm	Beef bones (grass-fred)
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2 large Celery

stalk(s)

2 large Carrots2 clove(s) Garlic

3 leaf Bay leaf

2 sprig Thyme, fresh

1 tbsp Peppercorn (omit for AIP version)

1 cup Parsley, fresh (about a handful,

optional)

3 tbsp Apple cider vinegar (important for

drawing nutrients out of bones)

8 cup Water (more or less to cover)

Instructions

- 1. Wash and dry bones. Roast at 400F (204C) for an hour or so until browned.
- 2. Place bones, all vegetables, and herbs in a pot or slow cooker. Cover with fresh water. Add vinegar.
- 3. Bring to boil then reduce heat. Simmer for approximately 24 hours. Skim off any scum that floats to the surface throughout the cooking process.

Nutrition Facts Per Portion **Calories** 54 Calories from fat 23.0 Calories from saturated fat 4.1 2.6 g Total Fat Saturated Fat 0.5 g Trans Fat Polyunsaturated Fat 1.3 g 0.6 g Monounsaturated Fat **Cholesterol** 1.7 mg 121 mg **Sodium Potassium** 311 mg 7.8 g **Total Carbohydrate** Dietary Fiber 2.8 g 2.4 g Sugars 1.4 g **Protein**

Dietary servings Per Portion

Vegetables 1.6

Energy sources

Carbohydrates	47%
Fat	43%
Protein	10%

