



Bone Broth

Although bone broth has had a recent resurgence of popularity, it has a long history of providing rich, satisfying nutrition. I love to keep mason jars in the freezer ready to defrost. The broth can be used as the base for soup or drank on its own. When I want something in the late afternoon and it's not yet time for dinner, I can defrost some broth and I find it very satisfying! Additionally, it's very easy to make.

What you need:

*1 lb of bones (beef, chicken or turkey all work great) **

10 cups of water

1 Tbsp apple cider vinegar

*Optional Vegetables and Herbs ***

To make the broth: place the bones , water and cider vinegar in a large stock pot or in a crock pot. Bring to a boil and reduce the heat. Add any vegetables and herbs (optional, but adds flavor). I add a little salt, but, this is a personal preference and not necessary. Cover and simmer for at least 18 hours - the longer you simmer it, the more nutrients you pull out. Strain and store in air tight containers . They'll last in your fridge for about a week. You can also freeze in mason jars, leaving enough room at the top for expansion.

Bones - Feel free to use fresh bones or even bones that have already been roasted. The leftover bones from my Christmas Eve prime rib made fantastic broth! The leftover turkey carcass from Thanksgiving worked wonderful too! I get a whole chicken every few weeks and pull off the breast meat and the thighs. The breasts and thighs are roasted for dinner and the rest of the chicken is used for the broth. Having a little meat on the bones adds flavor, but, again not necessary.

Vegetables and Herbs - For added flavor and even more nutrition, I like to add some vegetables and herbs. I keep a bag in my freezer and whenever I have trimmings from onions or carrots, or the heart of the celery stock, I throw it in the bag. Then, when I make broth, I just add whatever is in the bag. Onion, garlic, ginger, celery, carrots, leeks, parsnips, rutabaga, thyme, bay leaf and parsley are all wonderful flavor additions. But, not necessary.