

Immunity Boosting Bone Broth

Susan Alsembach

This bone broth is truly amazing, you can use it as a base for other soups or simply serve it up with some cheese and a salad - dinner is ready!

Enjoy,
Susan

Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is approximately 1 to 1 1/2 cups.

Low FODMAP

Omit garlic and onions.

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 15 milliliters Apple Cider Vinegar
- 6 grams Sea Salt
- 61 grams Parsley (chopped)
- 1.4 liters Water