

Recipe Name **Chicken Bone Broth**

## Ingredients:

Bones from 2 cooked organic chickens or 1 cooked organic turkey (no meat needed on the bones)

2-3 quarts of filtered water

2 large onions, peeled and quartered

4 stalks of celery, cleaned and cut into 2" chunks

8 carrots, cleaned and cut into 2" chunks

8 cloves fresh garlic

2 Tbsp. organic apple cider vinegar, with mother

1 tsp. turmeric

1 Tbsp. kosher salt

1/2 tsp. white pepper

1-2 Tbsp. avocado, olive or coconut oil

## Directions:

1. Heat a heavy bottomed stock pot over medium high heat. Once, hot, place 1-2 Tbsp. of oil in bottom.
2. Toss in onions, celery, and carrots, sauteing for 3-5 minutes until they are just starting to brown.
3. Add garlic and toss for another minute, until you start to smell the garlic.
4. Fill pot to about 2 inches from the top with filtered water. Add apple cider vinegar and spices.
5. Bring to a rapid boil. Then turn down to a gentle simmer. Put lid on, cracked open to let steam out.



## RECIPE

6. Let simmer for 24 hours, adding water as needed throughout the first 18 hours. In the last 6 hours, let it cook down to about 1/2 to 2/3 of a pot.
7. Let broth cool for about 30 minutes. While cooling, set up a strainer over top of a large bowl or another pot. Once cooled, pour contents of pot into strainer, straining the liquid out of the bones and vegetables. Throw out the bones and vegetables. Cover bone broth and cool in refrigerator until fully cooled if planning to freeze.
8. Freeze in ball jars with a loosely closed lid or in silicone muffin cups for later use. Allow room for expansion as it freezes.