

Bone Broth

YIELDS 4 QUARTS



ingredients:

- 2-3 pounds of bones, such as necks, backs, breastbones, wings and feet (ideally from pasture-raised animals)
 - 1 Tbsp apple cider vinegar or lemon juice
 - 1 large onion, skin on, quartered
 - 2 carrots, whole
 - 2 celery stalks
 - 1 bay leaf
 - Filtered water, to cover
- Optional additions:
- 1 Tbsp kombu flakes
 - 1/2 tsp black peppercorns
 - Vegetable scraps (kale stems, parsley, garlic, ginger, etc)

Place all ingredients in a large stock pot, slow cooker, or pressure cooker. Fill with water to cover the contents of the pot by about an inch. Put lid on pot.

Stove top or slow cooker: Bring to a simmer and cook on lowest heat setting for 12-24 hours- should barely be simmering.

Pressure cooker: Cook on high pressure for 60-90 minutes.

When finished, stock should be a rich golden color (chicken & turkey make a paler broth). If cloudy white material has formed on the top, skim it off.

To strain broth, set a metal stainer over a large pot. Using a large ladle pour broth into strainer. Discard any solids. Cool slightly before storing, but refrigerate within 2 hours as broth is an ideal environment for bacteria to grow.

Season generously with sea salt. Store in the refrigerator up to 3 days or freeze for long-term storage.

*recipe credit: Lily Nichols, RDN