

Simple bone broth recipe

~3lb Grass Fed Organic Beef Bones (mix of marrow bones and bones with a little meat on them; ie. Oxtail, short ribs)

1 onion, quartered*

3 large chopped organic carrots*

2 large chopped organic celery sticks*

3-5 cloves of organic garlic

1 tsp whole peppercorns

2 dried bay leaf

2 tsp apple cider vinegar**

2 tsp sea salt

Filtered Water

Directions:

1. Place beef bones (bone side down) on a baking sheeting and bake @ 375° for 25-30mins until bones are browned.
2. Place all your vegetables at the bottom and then the roasted bones in a crock pot or a pressure cooker (Instant Pot)
3. Next cover everything with filtered water then add in your peppercorns, bay leaves, apple cider vinegar and salt
4. If you're using a crockpot you can set it to at least 8 hours. If you're using an Instant Pot you can set it to 35mins and let it naturally release for 10-15mins
5. Once cooled enough to handle, place a sieve on top of a glass jar and pour the broth in it. This can be stored in the fridge or you can freeze these!

Notes:

1. *Adding vinegar will help extract the minerals from the bones.*
2. *Adding some vegetables in your bone broth helps in the mineral and vitamin content of this restorative liquid*
3. *Roasting your bones will enhance the flavours*
4. *You can do the same with chicken bones to make chicken bone broth. If you are vegetarian you will do the same without the meat bones and it will essentially be a stock instead.*
5. *Optional additions to increase therapeutic value to your broth:*
 1. *1 knob of ginger, thinly sliced*
 2. *5 whole red dates pitted (dried jujube)*
 3. *6 dried longan berries (aka goji berries)*