

Homemade Bone Broth

Bone broth is a nourishing food that supplies nutrients and minerals needed for the health of bones, teeth, joints, and the gastrointestinal tract.

Ingredients

2 lbs. beef, chicken, or pork bones
(organic grass-fed meat is best)
3 gallons cold filtered water
1/2 cup Braggs Apple Cider Vinegar
1 tbs. sea salt

Optional Ingredients

3 onions
3 carrots
3 stalks celery
1 bulb garlic
1 jalapeño, whole
1 tsp. dried green peppercorns, crushed
Several sprigs of fresh thyme
1 bunch parsley (add into pot in the final 10 minutes of cooking)

Preparation

Place bones in large stock/crock pot with filtered water and apple cider vinegar. Let stand 30 min to 1 hour, and then add in your vegetables. Bring to boil and continue boiling for 30 minutes. Remove any scum (fat, oil) that comes to the top, using a spoon or paper towel and discard. After skimming reduce the heat and add in your vegetables and seasoning. Simmer for at least 12 hours, but no longer than 72 hours. (24 hours is optimal). Last ten minutes add in your parsley.

After cooking, remove all bones and vegetables and discard them. Vegetables and bones will no longer have any nutritional value left in them. Strain rest of stock into a large bowl, this will help remove any smaller pieces missed. Place stock back into the pot, place pot in sink surrounded by ice, to help with cooling. Once stock has cooled fat will rise to the top, remove this. Stock can be kept in refrigerator for 7-10 day or frozen.

Stock can be warmed and consumed or as base for soups or sauces.

The Therapy Bone Broth helps deal with Nutritional Deficiencies, one of the root causes of disease.

Gonsoulin Farms can provide grass fed beef, also found at Joe's Specialty Meats and the Lafayette Farmers and Artisan Market at the Horse Farm. Brookshire Farms can provide grass fed beef, also found at The Hub City Farmer's Market.