

## All-Purpose Bone Broth

### Ingredients:

- 3 pounds of bones (ideally some of each meaty, marrow, gelatinous)
- 1 large onion (peeled and quartered)
- 1 large carrot (scrubbed and cut in half)
- 2 stalks celery (cut in half)
- 1 clove garlic (peeled)
- 2 tbsp. apple cider vinegar (to help draw minerals out of the bones)
- 2 bay leaves, a few parsley, and thyme sprigs

### Method:

1. Roast bones in the oven until brown. This usually takes about 30-40 minutes in an oven set to 350 degrees. You can skip this step, but it really helps make a richer flavored stock.
2. Place the bones, along with the rest of the ingredients in a large crock pot or soup pot. Cover with water and bring to a boil, then reduce to a very low simmer (just barely bubbling). Cook for at least 8 hours, or as long as 2 days. The longer you cook it, the more nutritious your broth becomes. I usually cook my broth 24 hours. (The exception is fish bones, which because they're so small, you only need to cook for a few hours.)
3. Check water level periodically. If you cook the broth for longer than 8 hours, you will usually have to add additional water.
4. When it comes time to strain your beautiful broth, use a slotted spoon to scoop out the larger vegetables and bones. Then, place a mesh strainer over a large bowl and pour the broth through the strainer. You'll be left with an ultra-nourishing, translucent liquid. Pour it into glass containers, allow to cool for a couple hours, and then refrigerate.
5. Fat will harden on the surface of the stock as it cools in the refrigerator. This is good thing, as it keeps the broth fresh longer. As you use each container, you can remove the fat and use it for cooking other things, or leave it in the broth. I tend to remove the fat, as I like a clean flavor to my broth.

Contrary to popular opinion, fat is actually good for you and healing diets recommend eating plenty of it to offer the building blocks necessary for health building. The broth should keep well in the fridge for one week. Freeze whatever you think you won't go through.