



Jan Davidson

Naturopathy, Nutrition & Kinesiology

Bone broth recipe

What is bone broth?

Bone broth is a nourishing stock made by slow-cooking the connective tissue (like beaks and hooves) and bones from animals. Popular choices for making bone broth include chicken, beef, turkey, and pork. By simmering the bones in an acidic substance like vinegar, vitamins and minerals are extracted out of the bones and into the broth for consumption in soups, stews, marinades, or by simply drinking a cup!

What nutrients are in bone broth?

The vitamins and minerals in bone broth will vary based on the type and quality of the animal, as well as where the nutrients come from. Connective tissues can provide glucosamine and chondroitin. Bones are an excellent source of minerals and a source of primarily calcium and phosphorus, but also contain magnesium and potassium. Bones are also an important source of collagen. Knucklebones and chicken feet are also sources of collagen.

How to make bone broth:

Making bone broth is so easy that you don't really need a recipe; however, if you need a place to start, here is an easy base that you can build upon. Most of the time, bone broth can be made with kitchen scraps from other meals.

Ingredients (organic is always best)

- 3 pounds chicken bones
- ½ cup apple cider vinegar
- 3 celery stalks, cut in half
- 3 carrots, cut in half
- 3 garlic cloves
- 4 litres of water
- 1 teaspoon salt

- 1 teaspoon black pepper

Directions

Place bones in slow cooker, and add vegetables on top. Pour water on top, and add the apple cider vinegar, salt, and pepper. Cook on low for 24-72 hours. The longer the broth cooks, the more nutrient dense it will be. Allow the broth to cool. Remove the top layer of fat if present, and strain the solid ingredients.

