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Bone Broth

Ingredients:

Large, organic whole chicken, with innards, you can use just the bones from the chicken, grass-fed beef or any other pastured animal with bones!

1 baggie baby organic carrots

1 bunch organic celery

1 organic bulb of garlic or onion, leeks, shallots, etc

Organic apple cider vinegar

Purified water

A 6- 8 quart stockpot is ideal.

Take the big organic whole chicken, pull out bag of innards and empty back into cavity, trim the fat off the rear, and put into a giant pot.

(The raw fat is great for animals.)

1 bunch of organic carrots - put all into pot.

Bunch of organic celery - rinse the insides, chop coarsely or break in half, and put all into pot.

Garlic – peel cloves and put entire contents of bulb into pot.

Use 2 tbl – ¼ cup of apple cider vinegar over all.

Fill giant pot with purified water and let sit 1/2 hour.

Turn on high; once it (finally) bubbles, turn down to simmer, scrape off any gray bubbles atop (this is very important). Gently simmer for 12-15 hours. Make sure lid is TIGHT so your water stays in. Fewer than 12 hours means it's really just chicken soup as opposed to the Ultimate Human/Animal Mineral Supplement.

Strain through a colander or sieve, lined with cheesecloth for a clearer broth. Discard the bones. If uncooked meat was used to start with, reserve the meat for soup or salads.

An easy way to cook broth is to use a crockpot on low setting, but be sure to cook the entire 15 hours. After putting the ingredients into the pot and turning it on, you can just walk away. If you forget to skim the impurities off, it's ok, it just tastes better if you do. If you wish to remove the fat for use in gravy, use a gravy separator while the broth is warm, or skim the fat off the top once refrigerated.

Cold broth will gel when sufficient gelatin is present. Broth may be frozen for months or kept in the refrigerator for about 5 days.

Drink at least 9 ounces 3 times per day for the next 3 months. This stock can be used for egg poaching, soup making, and other recipes