

BONE BROTH

Ingredients

- Bones from 1 Whole Chicken or Beef Knuckle Bones
- 2 Carrots or Peels from 4-8 Carrots
- 1 Onion or Skin from 2-4 Onions
- 2 Celery Stalks (Preferably with Leaves)
- 2-4 Cloves Garlic (Whole or Minced)
- Broth from 1 Cooked Chicken or 4 Quarts Water
- 2-3 Bay Leaves
- 1 T Apple Cider Vinegar
- 1 tsp Salt
- 1/2 T Whole Peppercorns
- Herbs of Choice
 - Oregano
 - Basil
 - Thyme
 - Rosemary
 - Sage

Directions

- Place all ingredients into a crockpot and stir gently
- Turn crockpot to low for 24-48 hours
- After 24-48 hours, turn off the crockpot and allow to cool
- Once the crockpot has cooled to be touchable, drain bone broth through a colander into a large bowl
- Put into jars or other containers to be refrigerated for short-term use or pressure can in mason jars for longer-term use