

Bone Broth

INGREDIENTS

Beef bones

1 Tbsp. Apple cider vinegar
(with mother)

Garlic

Water

Celery

Onions

Salt and pepper

Additional:

Ginger

Carrots

Fresh parsley

Note: You can use chicken
or lamb bones as well.

METHOD

Roast bones in the oven until brown.

Add bones into slow cooker together with apple
cider vinegar, garlic, celery and onions.

Cover with water and cook on low for 12 hours.

Strain broth to remove all solids.

Store in glass jar in fridge or freeze into
required "portion" sizes.

Fat from the broth can be scooped off after
cooling and used for cooking.



FROM THE  OF: Cornia