

Bone Broth

From Be A Loser

Preparation time: 5 minutes

Cook time: 12-48 hours

Serves: 6 to 8

Ingredients

- 2-4 Lbs bones
- ½ cup onions, chopped
- ½ cup celery, chopped
- 2 bay leaves
- 2 tbsp apple cider vinegar
- 1 tbsp garlic (optional)

Directions

Heat oven to 450 degrees. Cover a baking sheet with aluminum foil. Place bones/veggies, chopped onions and celery on the foil. Roast in the oven for 25 minutes. Remove from oven and transfer to slow cooker. Add bay leaves and vinegar. Add enough water to just cover the bones. Turn cooker to low. Cover. Cooking times vary. When done, strain the liquid from the meat/bones. Place the broth in the refrigerator for 2-3 hours. Scoop the solidified fat off the top and save for cooking. Place the broth into separate 1 cup containers and refrigerate/freeze. Enjoy!

Variations

1. Add chopped garlic 15-30 minutes before straining.
2. For vegetarians, substitute vegetables for bones. Use hearty vegetables that will hold up under simmering. Use them intact or rough chop to fit in cooker.

