

Bone Broth Recipe

- **3.5 lb of beef knuckle bones or marrow bones (or any other kinds of bones – especially oxtail, which lends added gelatin and a delicious flavor. Chicken necks are inexpensive and also work great.)**
- **2 Tbsp apple cider vinegar**
- **2 medium yellow onions, roots cut off and halved**
- **4-5 carrots, washed and cut in half (or about 2 cups of baby carrots)**
- **6-8 celery stalks, washed and cut into thirds**
- **6-8 cloves of garlic**
- **3 bay leaves**
- **1 tsp salt**
- **1 gallon cold water (enough to cover the ingredients)**

- 1. Place bones into a big stock pot. Add enough water to cover the bones (approximately 1 gallon) and the apple cider vinegar.**
- 2. Cover and bring to a boil on top of the stove, then turn down the heat to keep a low simmer for 24-48 hours. Stir once or twice in the first few hours, and then stir at least a couple of times over the next couple of days.**
- 3. Add the vegetables, garlic, salt and bay leaves to the pot. Increase heat to bring back up to a boil, then cover and reduce heat to maintain a simmer.**
- 4. Cook for 4-8 hours more, stirring every hour or so. Let simmer with lid off for the last 2-3 hours.**
- 5. Strain all the ingredients by pouring bone broth from one pot to another through a colander or strainer.**