

# Bone Broth

4 SERVINGS 12 HOURS



## INGREDIENTS

- 1 Chicken Bones Or Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1/2 Yellow Onion
- 2 stalks Celery (chopped - optional Stage 1 SCD)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

## NUTRITION

### AMOUNT PER SERVING

Calories	21	Iron	2mg
Fat	0g	Vitamin D	0IU
Carbs	5g	Folate	33µg
Fiber	2g	Magnesium	19mg
Protein	1g	Zinc	0mg
Vitamin C	22mg		

## DIRECTIONS

- 01 Slow Cooker Method - Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for 12 to 24 hours.
- 02 Pressure Cooker Method - Place the bones in the pressure cooker. Add all remaining ingredients. Set to high pressure for 60 minutes. Once completed, stop the high pressure cycle. There is no need to release the pressure. Then start the slow cook cycle for 6 to 12 hours.
- 03 After completion, strain the broth through a strainer or mesh sack. Discard the vegetables in the strainer.
- 04 Divide the broth into jars (leave some extra some room in each jar), allow broth to cool, then store in the refrigerator or in the freezer.

## NOTES

### RECIPE ID 106

### HERBS

Use fresh herbs, not packaged herbs in a jar. They may contain preservatives or coatings. Otherwise, leave out these herbs at this stage.

### FOR EXTRA CALORIES - MAY ADD BEFORE CONSUMING

1 tablespoon butter or ghee to each cup broth (100 calories, 11 grams fat).

### SERVING SIZE

One serving is approximately 1 to 1 1/2 cups.

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to four weeks.