



## HOMEMADE BONE BROTH

Homemade bone broth is the best! Since I started making my own, I haven't purchased a single container from the store! I save all my veggie scraps including my onion and garlic peels, then when I am prepping my veggies I simply put these parts into a freezer bag until I am ready to make a batch. When the time comes I add them to the base recipe below:

### INGREDIENTS

- 6 large carrots
  - 6 stocks of celery
  - 3 sweet onions
  - Celtic sea salt or Himalayan salt to preferred taste
  - 1 cup ACV (apple cider vinegar)
  - Bones from grass-fed, pasture raised animal (beef, lamb, chicken, etc.)
  - 6 poultry feet
- ↳ Some of ya'll just leapt outa your seat for this one!  
I'll explain-keep reading.!

### DIRECTIONS

- Place bones in roaster.
- Fill roaster with water about 3/4 full, then add the ACV.
- Let sit for about an hour (the ACV helps leach the calcium out of the bones).
- After an hour turn roaster on, add veggies, poultry feet and water (to roaster capacity).
- Cook for 24 hours, stirring occasionally.
- After 24 hours, ladle out the large bones and any veggies you can.
- Strain the rest using a fine mesh strainer (if you use a normal colander you will have more "bits" in your broth).
- Add salt to your preferred taste. This is also where you can add any other spices/herbs such as rosemary, thyme, etc.

► Crunched for time? My girl Heidi Toy has an instant pot recipe, plus all the researched benefits of bone broth, check it out: <https://www.heiditoyfunctionalmedicine.com/the-power-of-bone-broth>

#### FOR LONG TERM STORAGE

You can either let the broth cool before putting it in airtight freezer containers or put the hot broth directly into sterile canning jars and pressure can according to your canners manufacturer instructions. I prefer the latter as it's much easier to make a quick meal with room temp broth- no thaw time involved.

Ok, now for the poultry feet part...

Collagen, is essential for skin elasticity, healthy joints and intervertebral discs, making healthy connective tissues (tendons, ligaments, muscles, etc.) and more. It is the most abundant protein in our bodies. However, around the age of 30, our collagen production starts to decline. Therefore, collagen should be included in your diet for optimal health.

Poultry feet are almost entirely made of collagen and therefore a great whole food source. After we began raising our own meat birds and could control where and what our birds were standing in, I became much more comfortable using them in our broth. Now this may be too much information for some of you but, astonishingly during the butcher process (if you scold) the entire layer of skin on the bird's feet, including a "skin" over the claws comes off. You are left with a clean foot much like any other part of the chicken you are accustomed to eating- so go on and add them to your broth!