



Bone Broth Recipe

Equipment Needed:

Slow Cooker- 6 quart or larger

Ingredients:

- 3-4 lbs. beef bones
- 1 yellow onion, quartered
- 1 head of garlic, cut in half
- 2 carrots, cut into pieces
- 2 celery ribs, cut into pieces
- 2 Tbsp. apple cider vinegar
- 2 bay leaves
- 8 cups water

Add after straining

- 1/4 to 2 tsp. grated ginger (to taste)
- 2 Tbsp. lemon juice
- 1/2 tsp. salt (add to taste)

Instructions:

Preheat the oven to broil. Place the beef bones on a sheet pan. Place the bones under the broiler in the oven. I browned the bones on each side for about 5 minutes each. It depends on how close the bones are to the broiler.

Add the bones to the slow cooker. Add the onion, garlic, carrots, celery, bay leaves, apple cider vinegar and water.

Cover and cook on low for 12 hours. You can cook longer if desired.

Place a strainer over a large bowl. Ladle the broth into the strainer and discard the bones and veggies. I like to push the veggies into the strainer to get the juices out of them.

Add grated ginger, lemon juice and salt to taste. Serve immediately or refrigerate or freeze for later. Skim off fat if desired. (courtesy of The Magical Slow Cooker)