


HOMEMADE BONE BROTH

 12-24 hours

INGREDIENTS

- 2-3 pounds bones; cooked or roasted (chicken, turkey, beef, or pork)
- 2 tablespoons apple cider vinegar (helps extract nutrients from bones)
- Water (enough to cover the bones)
- Optional: herbs like thyme, bay leaves, or parsley

DIRECTIONS

- If using raw bones, roast them in the oven at 400°F for 30 minutes to enhance the flavor, but this is optional.
- Place the bones in the slow cooker with the apple cider vinegar, and any herbs you desire.
- Pour enough water into the slow cooker to cover the bones, leaving some space at the top to avoid overflow.
- Set the slow cooker to low and let it cook for 12-24 hours. The longer it cooks, the richer and thicker the broth will be.
- Once cooking is complete, use a slotted spoon to remove the bones. Strain the broth through a fine mesh sieve or cheesecloth.
- Let the broth cool before transferring it to jars or containers. You can refrigerate it for up to a week or freeze it for later use.

10 ideas to use bone broth

1. Soup Base: Use bone broth as a flavorful base for soups and stews.
2. Gravy: Whisk over medium heat; 2 TBSP butter, 3 TBSP flour, and 2 cups broth until desired thickness. Add salt and pepper to taste
3. Cooking Grains: Substitute water with bone broth when cooking grains like rice, quinoa, or barley.
4. Mashed Potatoes: Replace milk or cream with bone broth for a lighter taste.
5. Hydrating Drink: Drink warm bone broth on its own as a comforting and nutrient-rich beverage.
6. Vegetable Cooking Liquid: Use bone broth to steam or sauté vegetables, infusing them with additional flavor and nutrients.
7. Pot Pie Filling: Incorporate bone broth into the filling of pot pies for added moisture and taste.
8. Casseroles: Add bone broth to casseroles to keep them moist and flavorful while boosting their nutritional value.
9. Braised Dishes: Use bone broth for braising meats or vegetables, enhancing tenderness and flavor in the final dish.
10. Stir-Fry: Use bone broth as the liquid base for stir-fry sauces. It enhances the savory notes and helps bind the flavors together for a cohesive, delightful dish.