



Healing Bone Broth



Makes 9-12 cups



Depending on the bones you use and the exact proportions, your broth may be very rich in gelatin, making it the consistency of jello when chilled. If it doesn't gel, don't worry — it's still very nourishing.

We sell two types of soup bones: one package contains meaty bones (vacuum-sealed or paper-wrapped) and the other contains a mix of marrow bones and bare bones. This recipe works well with either option, along with any of our beef bones leftover from other meals.

Both fresh and leftover bones may be stored in the freezer until you're ready to make broth, with no need to defrost the bones first.

PREPARATION

Place in slow cooker:

- roughly 2-3 pounds beef bones (enough to fill slow cooker 1/2 or 3/4 of the way up)

Add enough water to cover by about an inch, and cover the cooker. Set to high, then turn down to low as soon as it starts to simmer (usually 3-4 hours).

If using meaty bones:

Set a timer after the water begins to simmer. Cook 2 1/2 - 3 hours, or until meat is tender.

Carefully strip the meat and set aside for other uses (great for stew, barbecue sandwiches, tacos, etc.).

Add:

- 2 tablespoons cider vinegar

If using bones with exposed marrow:

Set a timer after the water begins to simmer. Cook about 1 1/2 - 2 hours or until a digital thermometer inserted in the marrow reaches at least 145°. Remove the marrow bones carefully to avoid losing filling. Scoop out the marrow and set it aside. (You can serve it on toast, use it to top veggies, or stir it back into the broth when it's done.) Return the bones to the cooker.

Add:

- 2 tablespoons cider vinegar

If using bare bones:

Add:

- 2 tablespoons cider vinegar

Cover the cooker and simmer the broth on low approximately 36 hours total, adding water if needed to keep the bones just covered. Then add:

- 2 cloves garlic, halved
- 10 peppercorns

Simmer covered on low one more hour, then strain through a wire mesh strainer. Add salt to taste, approximately 1/4 teaspoon per finished cup. Separate into two containers for quick cooling, or pour into a container in an ice water bath in the sink, stirring to bring the temperature down quickly. Once chilled, remove the fat that hardens and rises to the top. Wipe the fat dry and store it in the fridge or freezer for cooking.

This nourishing broth is perfect served plain by the mugful on winter mornings. It can also be served with extras such as cilantro, green onions, and poached eggs. Broth can be stored in the freezer for up to 6 months.

Recipe courtesy ThisIsWhatFoodLooksLike.com, adapted for and tested with Acorn Acres Farm ingredients.

