



Basic Bone Broth

8 servings

24 hours

Ingredients

- 1 Animal Bones (chicken, cow, lamb, or fish)
- 1 tbsp Garlic Salt
- 2 tbsps Apple Cider Vinegar
- 1 Assorted Vegetables

Directions

- 1 Place bones in a large stockpot or dutch oven.
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- 2 Fill pot with water within 1 inch of the top.
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- 3 Add salt and vinegar.
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- 4 Optional: add diced carrots, celery, and/or onions.
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- 5 Simmer for 6 hours or overnight.
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- 6 Let cool, strain, and use immediately, refrigerate for up to three days, or freeze for up to three months.