

BONE BROTH

Bone broths can be a great way for a delicious and nutritious snack on the go. It can be easily taken to work or done at home.

Ingredients:

- 4 pounds beef bones with marrow.
- 4 carrots, chopped.
- 4 celery stalks, chopped.
- 2 medium onions, peel on, sliced in half lengthwise and quartered.
- 4 garlic cloves, peel on and smashed.
- 1 teaspoon of salt.
- 1 teaspoon whole peppercorns.
- 2 bay leaves.
- 3 sprigs fresh thyme.
- 5-6 sprigs parsley.
- ¼ cup apple cider vinegar.
- 18-20 cups cold water.

How to make it:

- Place all ingredients in a 10-quart crock-pot.
- Add in water.
- Bring to a boil over high heat; reduce and simmer gently, skimming the fat that rises to the surface occasionally.
- Simmer for 24-48 hours.
- Remove from heat and allow to cool slightly.
- Discard solids and strain remainder in a bowl through a colander. Let stock cool to room temperature, cover and chill.