

Featured Recipe

SLOW-COOKED

BONE BROTH

Daring Dreamers Radio

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SLOW-COOKED BONE BROTH

Cooked up by Dr. Miranda Jorgenson

Bone Broth makes an incredibly healthy and filling snack, something you can freely have anytime you're hungry.

Ingredients:

Joints and bones (with a little meat on them): you can use chicken, beef, pork or lamb

Your choice of vegetables: onions, celery, carrots, parsnips, turnip, leafy greens

Seasoning: bay leaves, salt, peppercorns, thyme, rosemary, sage, cloves, and/or garlic

Something acidic: lemon juice, apple cider vinegar, or red wine vinegar are the best options

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1. Pick your bones

You'll want a mix of joints and meaty bones. If you don't use enough joints, you won't get as good of a bone broth.

Chicken bones provide the mildest flavor; beef bones provide a more meaty flavor; pork or lamb bones provide a savory flavor. Sometimes you can get these bones for free from your butcher.

2. Roast your bones!

Once you decide what type of broth you want, lay your bones out on a cookie sheet and roast them until golden brown.

Tip: Roast your onions with the bones for stronger flavor.

3. Place bones and drippings in crock pot

Add 2 quarts of water.

4. Add 1-3 TB of something acidic

Lemon juice, apple cider vinegar, or red wine vinegar are the best options.

This is what helps to leach the good minerals and collagen from the bones.

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5. Toss in veggies and herbs of choice

You can add onions, celery, carrots, parsnips, turnip, leafy greens, red or green bell peppers, etc.

You might want to lightly sauté your veggies in a skillet in a little butter first to bring out their flavor.

6. Season to taste

Use your choice of bay leaves, sea salt, peppercorns, thyme, rosemary, sage, cloves, and/or garlic. Choose the flavors you enjoy the most!

7. Set your slow cooker to slow

Let the bone broth cook for a minimum of 24 hours. You can cook it for as long as 72 hours if you'd like a stronger flavored broth.

Tip: If foam accumulates on the top, you can scoop it off and discard, but don't scoop off any fats that float to the surface.

8. Once cooked to your satisfaction...

Scoop out the large solids and strain the remainder through a fine sieve. This is your collagen and amino-acid-rich magic bone broth!

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9. Store in sealed containers in the fridge

You can also stash containers of it in the freezer if you make a lot of it.

Tip: This bone broth will gel up when cooled, but the gel 'melts' when you reheat it. That gel is a sign you made a good broth!

10. Drink at least a cup a day!

Bone Broth makes an incredibly healthy and filling snack, something you can freely have when you are hungry.

The gel is full of highly absorbable collagen, which provides building blocks that your body uses to repair your joints, gut, and skin.

Bone Broth is a delicious, rich source of amino acids, which help to reduce inflammation, the effects of aging, and even boosts your production of weight loss hormones!

We hope you have enjoyed using this recipe and eating this delicious Bone Broth! Please feel free to share this recipe with your friends and family!