



HEALING BONE BROTH CROCK POT RECIPE

INGREDIENTS:

- 10+c purified water
- 2-4 large “bone marrow” beef bones (available at Whole Foods)
- 2 chicken breast (optional for improved flavor)
- 2 carrots, thinly sliced or grated
- 2 celery sticks, thinly sliced
- 1 small-medium beet, peeled and chopped
- 1/2 of a sweet onion, chopped
- 1/4 tsp each of turmeric, fennel, coriander, brown mustard and cumin seed
- 5+ black peppercorns, freshly ground
- 1 inch fresh ginger, peeled and finely grated
- Fresh juice from a lemon (lime in the summer time)
- Lightly salt to taste (sea salt or pink Himalayan)

INSTRUCTIONS:

1. Add the bones, chicken (optional), veggies and spices (except the salt) to the crock pot. The veggies can be chopped as needed, but the chicken can go in whole.
2. Fill the crock pot with fresh water until it is just about full.
3. Cover and turn the crock pot on Low temp. Cook for 12-24 hours.
4. Strain the broth and lightly salt to taste. Add the fresh lemon juice and then place the broth into ball jars or glass tupperware. Once cooled, place in the fridge. This will last up to a week. The remaining strained ingredients can be consumed, added to other dishes or given to the dog (not the bones!).
5. If there is extra broth, you can freeze it in either ziplock bags or plastic tupperware as needed. This will last indefinitely.
6. Try to consume either a cup of broth everyday, or make this a base for soups, rice, kitchari or any other appropriate dish. It make everything more nourishing!