

# HEALING AYURVEDIC BONE BROTH

Vata ↓, Pitta ↓, Kapha ↓

**Makes 10 cups / Prep Time: 30 minutes / Cook Time: 6 to 16 hours**

## INGREDIENTS

- 10 cups purified water
- 4 “bone marrow” beef bones (available in whole foods or most meat departments)
- 1 pound of chicken breast or beef stew meat (optional, but recommended for flavor)
- 2 carrots, sliced
- 2 celery sticks, sliced
- 1 small to medium beet, chopped (replace with sweet potato for Pitta)
- 1/2 onion, chopped
- Fresh ginger (2 inch cube), grated or finely chopped
- 1/4 teaspoon each of turmeric, fennel, coriander, fenugreek, brown mustard, and cumin seed\*\*
- 1/4 teaspoon black peppercorns, freshly ground
- 1 lemon, juiced
- 1/4 teaspoon pink salt, mineral salt, or sea salt

\*\*These spices can be replaced by 1 tablespoon of Agni Churna.

## DIRECTIONS

1. Add the bones, chopped veggies, fresh ginger, turmeric, fennel, coriander, fenugreek, brown mustard, cumin seed, and black pepper to the crock pot. If meat is being used, add this now as well.
2. Fill the crock pot with water until it is 2 to 3 inches from the top.
3. Cover the pot and turn it on a low setting. Cook for 10 to 16 hours. If needed a high setting can be used for 6 to 8 hours.
4. Strain the broth. Add the fresh lemon juice and salt, and then place the broth into glass jars or glass tupperware to let cool.
5. If you are sensitive to the fat, you can let the broth cool in the refrigerator before consuming, and scrape the layer of fat off of the top.
6. Once refrigerated, this broth will last up to a week.
7. The remaining strained vegetable ingredients can be consumed, added to other dishes, given to the dog (NOT the bones!) or composted. The bones should be tossed in the garbage (once again, do not give them to the dog after cooking).

8. If there is extra broth, you can freeze it in ziplock bags or plastic tupperware as needed. This will last for 3 to 6 months.
9. Try to consume at least a cup of broth everyday. Feel free to drink the broth like a tea or make this as a base for soups, dal, kitchari or any other appropriate dish. It makes everything more nourishing and improves the taste!
10. Let food be thy medicine and medicine be thy food!