



Detox Bone Broth



Ingredients

(Use organic ingredients when possible)

- 4 lbs beef or chicken bones, (preferably a mix of bones with marrow or at least a little meat on them - hint: the more marrow, the merrier)
- 3 carrots, unpeeled and cut in 2 in pieces
- 1 leek, ends trimmed off, cut in 2 in pieces
- 1 onion, quartered
- 1 garlic head, halved crosswise
- 3 celery stalks, cut in 2 in pieces
- 2 bay leaves
- 2 Tbsp black peppercorns
- 1 Tbsp apple cider vinegar

Directions

- Preheat oven to 450°F.
- Place beef or chicken bones, carrots, leek, onion, and garlic on a baking sheet and roast for 20 minutes.
- Toss the contents of the pan and continue to roast until deeply browned, about 20 minutes more.
- Fill a large (at least 6-quart) stockpot with 12 cups of water (preferably filtered).
- Add celery, bay leaves, peppercorns, and vinegar.

TOTAL TIME: 9-24 HOURS OF SLOW-COOKING TIME

SERVINGS: 8 (1 CUP)

RECIPE ADAPTED FROM EPICURIUS



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Directions (continued)

- Scrape the roasted bones and vegetables into the pot along with any juices. Add more water if necessary to cover bones and vegetables.
- Cover the pot and bring to a gentle boil. Reduce heat to a very low simmer and cook with lid slightly ajar, skimming foam and excess fat occasionally, for 9 hours (up to 24 hours).
- Add more water if necessary to ensure bones and vegetables are fully submerged. Alternately, you can cook the broth in a slow cooker on low for the same amount of time.
- Remove the pot from the heat and let cool slightly.
- Strain broth using a fine-mesh sieve and discard bones and vegetables.
- Let continue to cool until barely warm, then refrigerate in smaller containers overnight.
- Remove solidified fat from the top of the chilled broth

(Broth can be stored for up to 5 days in the refrigerator and up to 6 months in the freezer.)

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