



Medicinal Bone Broth

It is so easy, cheap and delicious to make your own broth. And your body will thrive from this ancient tonic. For our wise ancestors bone broth was a staple in the kitchen. It was prepared regularly to strengthen the immune system, heal the digestive system, benefit brain and eye health, and nourish connective tissue, bones, joints, skin, hair etc. Nowadays, people usually only eat the muscles from animals, but there are precious nutrients in bones, cartilage, organs, glands, skins...

Where can you get bones? You can keep the bones from roasts you made or you can get bones from the farmer's market, organic market or a local butcher. Use high quality bones from organic, pasture raised animals (they are still very affordable) to get highest benefits and least toxins.

Safe your organic vegetable scraps! They are full of nutrients - often the peels have the highest nutrient density! You can use for example kale stems, cilantro stems, onion peels, carrot tops, leek tops, corn cobs, juicer pulp etc. Those veggie scraps collect quickly. Wash them and put in a stainless steel container or a zip lock bag in the freezer till needed. Of course you can add any other desired fresh veggies to your soup, like celery or green onions.

Ingredients:

1 lb bones (e.g. grass fed beef, poultry, bison, elk, fish)
1 Tbsp. apple cider vinegar
2 liters of filtered water
4 cups of organic vegetables scraps
Seasalt/ herbamare/ pepper to your taste

Optional:

1 Tbsp of dried herbs (e.g. ginger, nettle, astragalus, ashwagandha)
1 strip of seaweed (e.g. wakame, kelp)
Add any additional fresh veggies of your choice (carrots, celery, garlic etc.)
1 bay leaf
Small handful of dried medicinal mushrooms (e.g. reishi, chaga, turkeytail, shi-take)



1. For better flavor you can roast the bones before hand in the oven for 30 min at 350° (optional).
2. Fill up a big pot or a slow cooker with water. I like using a slow cooker because you can keep it on and leave the house without problems.
3. Add bones to the pot together with a tablespoon of apple cider vinegar and let sit for 30 min in cool water (this will help to obtain the minerals from the bones).
4. Then let the bones simmer at low temperature for at least over night but ideally:
Fish broth: 8 hours
Poultry broth 24 hours
Beef / bison broth: 48 hours
5. Add seaweed, medicinal mushrooms and herbs (optional)
6. You can scoop off the foamy layer in between if you like.
7. Add veggie scraps in the last few hours.
8. You can add fresh herbs like parsley and garlic in the last 30min. Add salt & spices.
9. Let cool off and strain bones and veggie scraps.
10. Serve immediately or save in the fridge for up to 5 days. You can also make a large batch and freeze the broth - can be frozen in individual portions.
11. Enjoy one to two cups per day and get a nutrient and health boost!
12. PS: I never measure anything when I make my bone broth. I usually use what I have on hand. Feel free to be creative and try out different versions.