



Bone Broth

Jacob · 29/09/2024



Prep Time

1 day 40 mins

Difficult

Medium

Servings

8

Description

After bout upon bout of sickness with the start of the school year a friend showed me her bone broth recipe This is a great way to use up old chicken pork or beef bones or just go buy some fresh that adds tons of amazing nutrients and amino acids to your diet 10 minutes of prep a day of your house smelling like a roast and you have a fantastic versatile base for soups stews and so much more

Ingredients

- - cooking spray - 1 (6 ounce) can tomato paste - 2 pounds beef bones - 6 cups cool water
- or as needed - 2 onions
- thickly sliced - 2 carrots - 3 cloves garlic
- crushed - 2 bay leaves

Instructions

1. Preheat oven to 400 degrees F (200 degrees C). Spray a roasting pan with cooking spray. Spread tomato paste onto beef bones and place in the prepared roasting pan. Bake in the preheated oven until bones begin to brown
2. about 30 minutes. Transfer bones to a slow cooker and pour in enough water to cover bones. Add onions
3. carrots
4. garlic
5. and bay leaves to broth mixture. Cook on Low for at least 24 hours. Strain broth through a fine-mesh strainer into a container and refrigerate. Recipe Tips You can use chicken or pork bones instead of beef bones. The broth will keep for 1 week in the refrigerator or 6 months in the freezer. It can be added to soups and stews or drunk by itself with added salt
6. pepper
7. and ginger. To get the max out of the bones
8. remove some of the broth from the slow cooker after 24 hours
9. add more water (just covering the bones)
10. and continue cooking it (up to one week).