



Slow Cooker Bone Broth

Jacob · 29/09/2024



Prep Time

8 hrs 45 mins

Difficult

Medium

Servings

16

Description

This is a simple slow cooker bone broth recipe that is said to help reduce joint pain and inflammation. Side effects include good health, smiles all around, and a happy stomach.

Ingredients

- - 3 pounds beef bones
- or more to taste - 3 carrots
- chopped - 2 stalks celery
- chopped - 1 onion
- chopped - 5 cloves garlic
- smashed - 1 teaspoon whole black peppercorns - 2 bay leaves - 8 cups cold water
- or as needed to cover - 2 tablespoons apple cider vinegar - kosher salt to taste

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil; spread beef bones out onto the prepared baking sheet. Roast bones in the preheated oven until browned
2. 25 to 30 minutes. Place carrots
3. celery
4. onion
5. garlic
6. peppercorns
7. and bay leaves into a slow cooker. Place roasted bones over vegetables
8. then pour in enough cold water to cover bones. Add apple cider vinegar and kosher salt. Cover and cook on Low for 8 hours. Pour broth through a fine-mesh strainer into a bowl and discard any strained solids. Cook's Note You can skim the froth that forms at the surface of a stock as it cooks
9. but there's no real reason to do so. Do this only if you must have a clear broth. Otherwise
10. keep it in and garner the health benefits. You can also remove the congealed fat that forms at the top when the stock is cooled. If the bones are from grass-fed and pastured animals
11. the fat will be healthy for you. It's your call. Editor's Note: Nutrition data for this recipe includes the full amount of vegetables used to make the broth. The actual amount consumed will vary.