

## Chicken or Turkey Bone Broth



Photo credit-simplyrecipes.com

### Directions

In a large stock pot, add the carcass, feet, backs  
 Squeeze in the juice of 2 fresh lemons, add the lemon skins to the pot or add 4 Tbsp. apple cider vinegar. Mix. Add remaining ingredients and spices as are available. Add filtered water to about 2 in from the top of the pot. Mix. Cover.  
 Bring to a boil.  
 Reduce heat to a simmer.  
 Simmer for 24 hours, stirring occasionally.  
 During the simmer, skim off any scum or foam.  
 Turn off heat, let cool at room temp about 1 hour, opt: place in the sink, in an ice bath  
 Strain liquid into wide mouth pitchers or jars.  
 Discard solids.  
 Cover. Refrigerate overnight.  
 If necessary, skim off fat layer.  
 Transfer liquid to freezer jars or bags. Label.  
 Refrigerate enough for 3 days. Freeze the rest.  
 Thaw and enjoy- as a soup base or a drink-try adding in nutritional yeast or miso for added flavor and nutrition.  
 Option: Freeze in ice cube trays & use as needed.  
 Option: Use a slow cooker-reduce ingredient amounts to fit, avoid overfilling.

### Ingredients

- Leftover chicken or turkey carcass
- Opt: 4-5 lb. chicken feet or backs
- 2 fresh lemons or 4 Tbsp. apple cider vinegar
- 1 large onion, with skin, washed, cut coarsely
- 3 stalks celery, washed, cut coarsely
- 3 carrots, washed, cut coarsely
- 1 large sweet potato, with skin, washed, cut
- 1 bunch, fresh parsley, washed, cut
- 2 cloves, fresh garlic, with skins, cut
- Other veggies, as desired, washed, cut
- 1 tsp sea salt, 1 tsp black pepper
- Other spices: garlic powder, Italian seasoning turmeric, red chili flakes
- Optional: 1 cup sea veggie (arame, other), 2-4 Tbsp. juniper berries

### Benefits

Long simmered bone broth has been a source of comfort and nourishment throughout the ages. A traditional food and remedy full of healing **gelatin** and **collagen** that – soothes and repairs the intestinal lining, -nourishes the bone marrow, -builds blood, -repairs joints, -balances the immune system and fights inflammation. Also-rich in **glycine**, a relaxing brain hormone –that calms the mind and supports liver detox. Such a deal from such a tasty liquid!

### Resources

- The Bare Bones Broth Cookbook, K & R Harvey
- <http://www.westonaprice.org/health-topics/broth-is-beautiful/>
- [wellnessmama.com](http://wellnessmama.com) –how to make bone broth
- [mercola.com](http://mercola.com)-nourishing bone broth
- <http://www.townsendletter.com/FebMarch2005/broth0205.htm>