CHICKEN BONE

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Homemade bone broth is true liquid gold in terms of nutrition and naturally rich in:

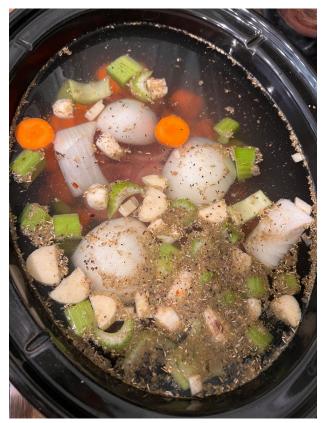
- Collagen & gelatin for strong joints, glowing skin, and promotes gut repair.
- Amino acids like glycine and glutamine are beneficial for digestive and immune health.
- Minerals such as calcium, magnesium, phosphorus that support bones and energy.
- Protein & electrolytes for recovery after illness and/or hard.

Ingredients:

- 1–2 whole raw chicken carcasses, chicken parts or leftover roasted chicken bones (about 2–3 lbs)
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 onion, quartered
- 4 cloves garlic
- 2 bay leaves
- 1/4 cup apple cider vinegar (helps draw minerals from the bones)
- 1 teaspoon salt (optional)
- 1 teaspoon peppercorns
- Water to fill your pot (or up to the max fill line in Instant Pot)

Optional Add-Ins for Extra Health Benefits:

- Chicken feet, backs, or necks:
 Add incredible amounts of
 collagen and gelatin for skin and
 joint health.
- Fresh herbs, such as parsley or thyme, are rich in antioxidants.
- Turmeric or ginger for antiinflammatory properties.
- Mushrooms for immune system support



Equipment Needed:

- <u>Crockpot</u>, <u>electric roaster</u>, or <u>Instant Pot</u>
- Fine mesh strainer
- Mason jars or freezer-safe containers or freezer bags
- Optional: pressure canner, freeze dryer or dehydrator for long-term preservation

Additional Reasons You'll Love Homemade Chicken Bone Broth:

- Three easy cooking methods: <u>Crockpot</u>, <u>electric roaster</u>, or <u>Instant Pot</u>—pick the one that fits your day.
- No waste homesteading: Turn veggie scraps and bones into golden broth instead of tossing them. Great for whole carcasses, bones, or even leftover roasted chicken, you can use every part of the chicken.
- You Know exactly What's In it

Instructions for Roaster or Slow Cooker Method:

- 1. Add chicken bones, veggie scraps, herbs, and seasonings. Pour in enough cold water to cover.
- 2.Add Vinegar & Rest
- **3.** Let the mixture sit for 20–30 minutes before heating to help extract minerals from the bones.
- 4. Simmer Low & Slow
- 5. Cooking time:
 - **a.Crockpot**: Low for 18–24 hours. Add additional water to top off and continue on low for additional 8-24 hours.
 - **b. Electric Roaster**: 325°F for 8–12 hours, add additional water to top off them simmer on 225°F for an additional 12-24 hours.
- 6. Strain & Cool
- 7. Pour the mixture through a fine-mesh strainer into a large stock pot and discard/compost the solids.
- 8. Remove Fat Easily, if desired
- **9.** Let cool overnight in the refrigerator. The fat will solidify on top shakes when ready to use or remove it if desired (or save it for cooking).
- 10. Store as desired.

