

# CHICKEN BONE BROTH

**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 anti-inflammatory properties.
- Mushrooms – for immune system support



## **Equipment Needed:**

- Crockpot, electric roaster, or Instant Pot
- 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: Crockpot, electric roaster, or Instant Pot—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.

