

Bone Broth

About this Recipe

Meal: Other

Serves: 6 servings

Prep time: 30 minutes

Cook time: 6-12 hours

Category

Dietary Preference

- ✓ Dairy-Free
 - ✓ Gluten-Free
 - ✓ Low FODMAP
 - ✓ Nut-Free
 - ✓ Omnivore (Everything)
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Nutrition Information

Serving Size: 1 cup (250ml)

Calories: 40

Protein: 9 grams (1/4 hand)

Fat: 0 grams

Low Carb: 0 grams

Moderate-High Carb: 0 grams



Registered Dietitian's Notes

Bone broth is a traditional elixir that has been around for centuries. The simmering of chicken bones extracts collagen, and consuming that collagen provides our bodies with amino acids that can heal the intestinal barrier. The collagen and gelatin content in bone broth protects our joints and reduces inflammation in the body. The addition of vegetables to this healing broth supplies us with a variety of vitamins and minerals. Consider saving your leftover bones and vegetable scraps from everyday cooking to add to your bone broth. Once you've collected enough, you can cook up a batch of broth when you have time. Once you've made a batch of bone broth, there are many ways to include it in your cooking. (See serving suggestions below.)

Ingredients

2 pounds chicken bones (bones from about 2 roast chickens)*

1 cup carrots, roughly chopped**

1 cup celery, roughly chopped

1 bulb garlic, cut in quarters

1 onion, roughly chopped

2 tablespoons thyme

2 tablespoons parsley

1 tablespoon whole peppercorns

2 tablespoons apple cider vinegar

Filtered water

*Collect bones from two store-bought or homemade roasted chickens. As you collect bones, store them in an airtight container or Ziploc bag in the freezer.

**You can also collect vegetable scraps (onion peels, celery bulbs, broccoli stems, etc.). Store vegetable scraps in the freezer to prevent spoiling.

Directions

1. Wash and roughly chop vegetables. Place all of the ingredients in a large pot and fill the pot with water.
2. Bring everything to a simmer. Turn the burner to low and let the broth simmer for 6–12 hours. You can also add all ingredients to a crockpot and cook on low for 6–12 hours.
3. Once it has reduced by 25%, strain the broth through a sieve or a colander lined with cheesecloth.
4. Allow it to cool completely before storing it in sealed jars or freezer-safe containers. Bone broth will keep fresh in the fridge for 3–4 days. When making a big batch, it's best to freeze it in small quantities so you can easily use it as you need it.

Serving Suggestion

See our recipe for a [Bone Broth Chicken Soup](#) to make a meal out of bone broth. Broth can be used in Bolognese, sauces, risotto, and as a tasty liquid to cook grains in.