

Step 1: In a big pot or slow cooker...

- 3 - 4 lbs. of chicken feet (or pigs feet, or meat of your choice)
- 2-3 carrots
- 1-2 onions
- 1-2 celery sticks
- 1/4 cup Apple Cider Vinegar (ACV)
- [Optional] a little ginger and turmeric root (for health, not flavor)
- Enough cold water to cover all the ingredients.

You can cube or chop your veggies if you like (easier to compost)

NOTE: Let the pot sit for an hour or so before heating. This gives the ACV time to pull more nutrients from the food.

Step 2: Simmer for about 24 hours.

[OPTIONAL things that you can do near the end...]

- During the last 10 minutes add a bunch of fresh parsley.
- During the last 30 minutes add some garlic, salt, & pepper.

Step 3: Strain out all solids from the broth, and let cool.

Step 4: Put in containers that hold enough for one week of use, and put the containers in the freezer. Keep one container in the fridge for use.

NOTE: Your chilled bone broth will probably be gelatinous, especially if you use chicken feet or pigs feet.

Bone Tea

- Fill a coffee mug about 1/3 with your bone broth
- Add seasoning - rosemary, thyme, garlic, salt, black pepper, turmeric, etc.
- Add boiling hot water to fill the cup, and stir.
- Enjoy your bone tea.