



BONE & MINERAL BROTH RECIPES

Note: Limited Time? Choose the Mineral Broth vs. Bone Broth

INGREDIENTS

- 1 gallon of purified water
- 2 tbsp raw, unpasteurized apple cider vinegar with the mother (like Bragg's)
- 2-4 pounds of animal bones (mix and match based on availability)
- Vegetables and herbs (optional) (ex: carrots, celery, parsley, potato, sweet potato, onion, garlic, thyme)
- Salt and pepper to taste

DIRECTIONS - BONE BROTH

1. Place all ingredients (water, bones, vegetables) in large pot or slow cooker.
2. Season with salt and pepper
3. Bring to a boil.
4. Reduce to a simmer and cook for 12-24 hours. The longer it cooks, the better it will taste and the more nutritious it will be.
5. Allow the broth to cool. Strain it into a large container and discard the solids (bones and depleted vegetables).

SHOPPING LIST

Item 1: Apple Cider w/mother

Item 2: Animal Bones

OPTIONAL LIST

Item 3: Carrots

Item 4: Potato/Sweet Potato

Item 5: Celery

Item 6: Onion

Item 7: Parsley

Item 8: Zucchini

Item 9: Chard

Item 10: Sliver of Ginger



OTHER NOTES

To increase the nutritive value of the broth, use a variety of bones such as marrow bones, oxtail, knuckles, and feet. Don't be overwhelmed. The butcher at the meat counter will be happy to help you! You can use marrow bones from beef, chicken feet, a ham hock bone, etc. You can even mix and match bones in the same batch.

Vinegar is important because it helps pull the valuable nutrients out of the bones and into the water to make the broth. Add vegetables, herbs and spices to enhance the flavor and add additional nutrients. You don't need to be precise. Simply use whatever you have available.

Common additions include garlic, onion, celery, carrot (with the tops), potato, sweet potato, parsley, thyme and even a sliver of ginger. Other options include zucchini, chard or kale. These can be added in step one above. We recommend discarding the vegetables with the other solids, once cooked. The minerals and nutrients from the vegetables and herbs are now in the broth. Since the vegetables are nutrient dead, your digestive tract would have to work extra hard for little value. If you like vegetables, you can always add fresh ones into your broth for a heartier meal.

Note 1: The nutritional value will vary depending on the bones used, how long they are cooked and what vegetables and herbs are added.

Note 2: Busy schedule? Make a Mineral Broth. Eliminate the Bones and apple cider vinegar. Use only vegetables. Cook for 90 minutes, discard the vegetables and bottle the nutrient dense broth in a glass jar. Sip the nutrient dense broth throughout the day or for a heartier meal add fresh vegetables, meat or fish, warm and eat.

DIRECTIONS - MINERAL BROTH

1. Place purified water and all vegetables in a large pot or slow cooker.
2. Season with salt and pepper
3. Bring to a boil.
4. Reduce to a simmer and cook for 90 minutes
5. Discard depleted vegetables.