

Chicken Bone Broth

Paleo Contains animal products

This recipe can be made on the stove top or in a crock pot after the chicken is roasted.

Ingredients:

- 1 organic free range chicken
- 6 cups of water
- 2 organic celery stalks chopped
- 2 organic carrots chopped
- 1 onion chopped
- 1 tablespoon dried basil
- 2 cloves of garlic
- 1/2 teaspoon black peppercorns
- 2 bay leaves
- 2 sprigs of thyme
- 1 spring rosemary
- 1/4 cup of apple cider vinegar
- Sea Salt
- Black Pepper
- 1 inch fresh Turmeric

Equipment:

- Roasting pan
- Cooling Rack
- 6-8 Quart Stock pot with lid
- Knife
- Cutting Board
- Fine Mesh filter
- Canning Funnel
- 3-4 Quart Canning jars with lids
- Marker and labels

Instructions:

1. Take chicken from bag
2. Drain bag and dispose of it
3. Pull neck and innards and save.
4. Salt and Roast Chicken
5. Roast Chicken at 350 F until the breast reaches an internal temperature of 165F 45 minutes to 1 hour.
6. Take the chicken out of the oven. Use a cooling rack
7. Allow chicken to cool
8. Wash hands well
9. Pick chicken clean. Save meat for use in stir-fry or soup
10. Add bones, skin, fat, and innards to stock pot.
11. Add veggies
12. Add herbs
13. Cover with water
14. Simmer for 24 hours
15. Strain into mason jars
16. Cool to room temperature
17. Cover

18. Label
19. Refrigerate and store in the refrigerator
20. Use within 7 - 10 days.