

Turkey Bone Broth

Paleo Contains animal products

This recipe can be made on the stove top or in a crock pot after a holiday turkey dinner.



Ingredients:

- 1 organic free range cooked turkey carcass
- 10 cups of water
- 2 organic celery stalks chopped
- 2 organic carrots chopped
- 1 onion chopped
- 2 cloves of garlic
- 1/2 teaspoon black peppercorns
- 2 sprigs of thyme
- 1 spring rosemary
- Couple sage leaves to taste
- 1/4 cup of apple cider vinegar
- Sea Salt
- Black Pepper
- 1 inch fresh Turmeric

Equipment:

- 10 Quart Stock pot with lid
- Knife
- Cutting Board
- Fine Mesh filter
- Canning Funnel
- 5 Quart Canning jars with lids
- Marker and labels

Instructions:

1. Wash hands well
2. Pick turkey clean. Save meat for use in stir-fry
3. Add bones, skin, fat, and innards to stock pot.
4. Add veggies
5. Add herbs.
6. Add 1/4 cup apple cider vinegar
7. Cover with water, may take more than 10 cups
8. Simmer for 24 hours, Add water back to just keep bones covered
9. Strain into mason jars
10. Cool to room temperature
11. Cover
12. Label
13. Refrigerate and store in the refrigerator
14. Use within 5-7 days.