



Beef Bone Broth

6 servings

8 hours 20 minutes

Ingredients

1.8 kilograms Beef Bones
2 Carrot (medium, roughly chopped)
1 Yellow Onion (cut into quarters)
10 Garlic (cloves)
12 cups Water
3 stalks Celery (roughly chopped)
2 Bay Leaf
1 tbsp Apple Cider Vinegar
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 450°F (230°C). Roast the beef bones, carrots, onion, and garlic in a large roasting pan for 20 minutes, or until browned. Stir occasionally.
- 2 In a large pot over high heat, add the water, celery, bay leaves, apple cider vinegar, salt and pepper. Add the roasted bones and vegetables including any juices. Add more water if needed, until all contents are covered.
- 3 Bring to a boil, then lower to a simmer. Cook with the lid slightly open for at least eight hours. Skim any foam or fat from the surface and discard. Add more water as needed.
- 4 Remove from heat and let cool a bit. Strain the broth and remove the bones and vegetables. Transfer to storage containers and refrigerate or freeze until ready to use. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze if longer.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: The longer the broth cooks, the more flavor it will develop.

Slow Cooker: After roasting the bones and vegetables in step 1, add all the ingredients to a slow cooker instead of using the stovetop.