

Bone Broth:

You may have noticed already that our primary method tends to be “whatever is working at the time.” There is no hard-and-fast way to make broth. We believe that whatever your method, it should be cheap and efficient.

If you are spending any real kitchen time tending to your broth, you should probably find a more efficient system. There are far too many tasks in the kitchen to let this bone broth task weigh you down. In any case, this is what we do in our kitchen:

1. Brown bones in the oven if you have time. (We almost never do this, but your flavor will be better.)
2. Place bones in a crock pot or soup pot.
3. Add vegetable scraps as they are available.
4. Cover bones and scraps with water: Set water level about one-inch above the bones.
5. Add two tablespoons of apple cider vinegar if you choose.
6. Cover the pot and set on low (crock pot) or simmer (stove top).
7. Keep the lid slightly ajar as the broth warms up to avoid boiling. (Or don't worry about it, but do make sure your liquid does not boil out or you will be left with burned bones.)
8. Strain the broth about 24 hours later.
9. Use the fresh broth for dinner. (Add the dinner vegetable scraps to the next batch of broth.)
10. Add water to the bones again and make a second batch of broth. (Keep doing this until you are tired of it or your bones have disintegrated.)

What To Do With Bone Broth

1. Season and consume as a hot drink with any meal or as an energy-giving snack.
2. Use as a base for a vast array of thin or thick soups and stews.
3. Use as a base for gravies and sauces to go on veggies, meats, even salads.
4. Braise vegetables in a small amount of stock. Then consume both the veggies and the cooking liquid.
5. Use as part of the liquid added at the end when stir frying.
6. Use as the cooking liquid for grains, beans, pasta. Just be sure to consume the precious liquid in some fashion.
7. Save it for soup or use it as part of the sauce for what you just cooked in it.
8. Words come short to describing the difference in flavor that home made stock can make in your cooking. You just have to experience it for yourself. And, after you've downed your last delectable spoonful of soup, know that you've built health with the mineral rich bone broth that was the base of your soup. You just can't lose on this one!

Adapted from <http://www.rebuild-from-depression.com/bone-broth>