

Bone Broth

4 lbs. of Organic bones
2 Organic Carrots
3 Organic celery stalks
1 Stock fresh rosemary
1 tbsp. Fresh dill
2 tbsp. Parsley
2 cups Swiss Chard
4 Whole garlic cloves
Himalayan Pink Salt to taste
1/4 cup Liquid Amino's or to taste
Any vegetable/herb scraps should be added!

If you are using raw bones, broil them first in the oven for 30 minutes. You will know when the bones are adequately roasted when they are fragrant and browned. This makes a more flavorful broth
Place your bones of choice in your stockpot along with veggie or herb scraps. Cover with good, filtered water. Simmer on low heat for 24-48 hours, skimming off the foam and adding more water as needed. Herbs may be added 1 hour to 30 minutes prior to serving for a milder taste.