



20 servings



30 minutes prep



immune support bone broth

ingredients:

- 2 pounds pastured / free-range chicken bones
- 6 cloves of chopped garlic
- 1 roughly chopped onion
- 3 chopped carrots
- 3 chopped celery stalks
- 3 tablespoons chopped ginger
- 2 tablespoons chopped turmeric
- 1 cup chopped fresh or dried mushrooms {oyster, shiitake, reishi, turkey tail, maitake, etc.}
- 1 teaspoon each fresh or dried thyme, oregano, sage and rosemary
- 2 bay leaves
- 1/2 cup dried nettle leaves
- 1/4 cup apple cider vinegar
- 1/4 cup dried lemon balm leaves {optional}
- 1/4 cup dried astragalus root {optional}

instructions:

1. Add all ingredients to a large slow cooker.
2. Cover with water. Cover slow cooker.
3. Cook on low for at least 10 hours. Best if cooked on low for 24 hours.
4. Turn off slow cooker and let cool until warm. Strain and store broth in mason jars in the fridge. Leave about an inch of space at the top of the jars if you're going to freeze so that there is space to expand.
5. Drink straight or use as a base for soup.

the cuisine of health

- Ginger is high in trace minerals. It...
 - is antiviral, antibacterial, anti-parasitic.
 - boosts immune system.
 - is anti-inflammatory.
 - provides cold & flu protection.
 - helps arthritis & joint pain.