

Easy Joint Soothing and Digestion Boosting Bone Broth

Save your bones from poultry, beef, lamb, fish or pork. They can be raw or cooked, stripped of meat, or still have meat and skin. Also save your eggshells because the membrane that separates the white from the shell contains four joint-nourishing nutrients: hyaluronic acid, glucosamine, chondroitin, and collagen. I save everything in jars in the freezer until there is enough to make a batch.

You can also save all manner of veggie peelings and scraps to throw into the pot towards the end of the cooking.

Remove the frozen containers and cover with water to thaw. Add 2 or 3 TBS of one of the following for each quart of water: apple cider vinegar, lemon juice, or red or white wine vinegar. These acids start to break down the bones, so let them sit for about 30 minutes after everything has thawed. Place the bones and shells in a large pot and cover with more water as needed.

I don't add any salt or pepper at this point. I like to adjust the flavorings of the final soup or dish.

After 30 minutes bring the pot to a boil, then lower the heat to a very low, gentle simmer. (Optional: At this point you can skim off the fuzzy white stuff that has bubbled to the top). Cover the pot. Fish need about 4-6 hours, poultry 6-8 hours, and 12 – 18 hours for beef, lamb or pork. Add water while simmering as necessary.

After the broth is done, strain off the bones and shells. You can use this right away as a soup, adding spices to taste. It will store in the refrigerator for close to a week. Freeze any extra.

IMPORTANT! Do not thaw, heat, or reheat the broth in a microwave. Some amino acids can become toxic when microwaved.