

## The Ultimate Chicken Bone & Veggie Broth

This broth is a staple in our diet and we make it every week, rotating with other bone broths, fall through spring. The chicken bone broth can be enjoyed by itself as a beverage, and used as a soup base, added to many curry dishes, sautéed with veggies & greens, cooking into quinoa or brown rice. There are endless uses in the kitchen. Packed full of nutrients that we need for restoration and enhancement of well being and recovering from pregnancy, illness, fatigue, stress, etc...

Makes 1 gallon

Cook Time: 2 hr if Pressure Cooking, 4-12 hours stove top

Lasts for 4-5 days if cooled in sink with water, then refrigerated. It may be frozen in pint size containers for convenient use another day..

Bones, skin, drippings, from 2 baked Organic Chickens, can substitute baked 2# Organic Chicken backs, wings, neck & the drippings

2 larger Red Potatoes quartered

4 outer, bigger Celery Stalks cut in 4-inch lengths

1 medium Yellow Onion with skins on, quartered

2 large Carrots halved & cut in 4-inch lengths

3-4 small pieces of Kombu, Wakame or handful of Soup Mix ([seaweedman.com](http://seaweedman.com))

½ bunch Italian Parsley, the lower part with the stems

1 Tbsp Flower of the Ocean, Celtic Sea Salt

1 Tbsp Apple Cider, Umeboshi, Red Wine Vinegar or Lemon juice

1 Gallon Filtered Water – if pressure cooking or stove top cooking (keep an eye on liquid as evaporation will occur).

Add H2O to the pot of your choice, over high heat bring to a boil. Add the chicken bones, drippings and all veggies, seasonings of your choice. Cover the pot.

In a Kuhn Rikon Pressure Cooker, take to the 2<sup>nd</sup> pressure red line, reduce heat to simmer and cook for 2 hours. When done, place in a sink and reduce heat with cool water running over the top, when the sink is ½ full, turn off water and wait for the broth to cool.

Stove top – when there is a rolling boil, reduce to simmer and simmer for 4-12 hours, the longer the better as the nutrient matrix matures with longer cooking, check when needing to add water as evaporation occurs. Cool down in a sink of cold H2O.

Remove the veggies (toss the onion), skin, cartilage. Mix it in with your dog food, or serve it as a treat. They absolutely love it.

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