

BONE BROTH

Recipe provided by Betsy Ormsby

Ingredients:

- **Bones:** a chicken picked clean, OR two beef soup bones, OR a ham hock
- **Vegetables:** celery sticks, Whole onion (quartered), 2 cloves of garlic (smashed), carrot sticks (optional)
- **Herbs** (choose to taste): sprigs of thyme, sage, rosemary, chives
- **Vinegar or Wine**
- Salt & Pepper

1. Chicken and ham bones go right into the crock pot. If there is meat attached to the beef bones, they must be seared first.
2. In crockpot, place bones, vegetables, herbs, 1 to 2 tablespoons salt, poultry seasoning (for chicken), ½ cup of vinegar. Then fill crock pot to the brim with water.
3. Set crockpot on Low for 24-36 hours. Add water if needed. Can adjust flavor with more salt or “Better than Bouillon” paste.
4. Strain solids off and pour broth into freezer-safe containers (ex. Can reuse cottage cheese or yogurt containers). Freeze for later use. Thaw amount of broth needed to use for soup (do not dilute it).