



www.soprepared.org

Beef Bone Broth in the Slow Cooker

- 1 1/2 lbs beef stew bones, such as rib, marrow, etc.
- 2 med Carrots, unpeeled and chopped into large pieces
- 2 1/2 med Sweet Onions, unpeeled and chopped into large pieces
- 3 stalks of Celery, chopped into large pieces
- 1 Tbs Turmeric
- 2 Bay Leaves
- 1 Tbs dried Thyme (or any other herb you prefer)
- 1 1/2 tsp Salt (plus more for sprinkling on meat)
- 1 Tbs whole Black Peppercorns
- 4 large cloves of Garlic, unpeeled and halved
- 8 sprigs of Parsley
- 9 cups of Water
- 1 Tbs. raw unfiltered Cider Vinegar (Fire Cider if you can get your hands on it)
- Cheesecloth, for straining

Preheat oven to 450. Sprinkle beef bones with salt all over and roast on a rimmed baking sheet for 45 mins, until browned. Place soup bones (scrape the pan to get all of the fat and browned bits into the broth) into slow cooker along with all the other ingredients. Cover and cook on low for at least 12 hours.

Using a slotted spoon, remove bones and all other vegetables from the broth. Strain the broth through cheesecloth. If using the broth hot, try to skim off as much fat as you can before using. Otherwise, divide into freezer safe containers and chill in the refrigerator until fat is hardened and easily removed. Keep in the fridge what you will drink/use in the next three days. Freeze the rest (I recommend in single use servings). Will last in the freezer for up to 3 months.