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# Bone Broth

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You can make your own superfood, bone-broth, instead of buying expensive capsules in a bottle. Bone-broth not only tastes wonderful, it is also remarkably satisfying, nutritious and healing.

- 5 lbs of grass-fed beef soup bones or a chicken carcass
  - Vegetables or vegetable scraps: use carrots, celery, mushrooms, onion, garlic, leeks, rutabaga parsley and/or parsnip. You can use the tops, peelings or stems parts of these, as well. Avoid brassicas such as broccoli, cauliflower, cabbage, and turnip, as these can add a bitter taste. You can save up scraps in a Ziploc in the freezer in between batches of bone broth.
  - 2 TBSP of cider vinegar
  - 2-3 bay leaves
  - 2 tsp dried thyme (optional)
  - ¼ tsp dried sage (optional)
  - ½ tsp rosemary (optional)
  - Salt and pepper to taste, at the end of cooking
  - Water to cover the bones
1. Roast the bones at 400 degrees until well-browned. This can take 30-60 minutes depending their size. This step will greatly improve the flavor and aroma of the broth. Optional: you can also roast your vegetables, as well, by giving them a rub of olive oil and adding them to the roasting pan. Remove them and add to the soup pot as they become browned.
  2. Add the bones, vegetables and herbs to the soup pot, Nesco, or crock pot.
  3. Cover with water and bring to a boil. Add apple cider vinegar.
  4. Turn down the heat and simmer for up to 24 hours. You can stop cooking the broth sooner, and end the cooking after one day. However, the longer cooking time makes for a more nutritious broth.
  5. Continue adding water, as needed to cover bones.
  6. When broth is finished cooking, pour it through a fine mesh sieve, or colander.
  7. If you have a fat separator you can pour broth through this to remove the fat. Or just leave the fat in and you can peel it off when the broth cools, as it will rise to the top. Save the fat for cooking—it is very healthy, and makes wonderful pie crust for pasties, pot pie, or empanadas.
  8. Salt and pepper the broth to taste.
  9. Store it in Mason Jars in the refrigerator. If storing in the freezer, leave at least an inch of space at the top of the jar to allow for expansion.
  10. Broth will be a jello-like consistency when cold, as the gelatin from the bones will cause this to happen—that gelatin is very healing for your gut, though.

Your bone broth is now ready to reheat and enjoy. You can warm it up and drink as a “tea” any time of day, or as an appetizer to meals.

You can add broth to dishes that call for stock or broth. You can also add some other ingredients to mix up the flavor.

### **Variation 1: Creamy mushroom broth**

Slice, and sauté a blend of about 1 lb of sliced mushrooms such as shitake, oyster and button mushrooms, as well as a half of a sliced onion. You can use the rendered fat for your oil in the pan. Sauté these until lightly browned. Add to broth and use an immersion blender to blend this into a delicious creamy broth. We like to add fresh garlic, as well—peel one clove and use a microplane grater to grate garlic into the broth. Very healthy and tasty!

### **Variation 2: Thai coconut curry**

Add one can of organic coconut milk to the broth, as well 2 tsp of red curry paste (Taste of Thai), 1 clove of shredded raw garlic, one TBSP of shredded ginger, and 1-2 stalks of lemon grass.



Roast the bones, and root vegetables.



Place bones and vegetables in stock pot



Cover with water, bring to a boil, and reduce heat to a simmer, for 24 hours. Continue adding water to keep bones covered.