

Simple Chicken Bone Broth

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 organic chicken carcass
- 1/2 cup chopped organic carrots
- 1/2 cup chopped organic celery
- 1-2 tbsp raw unpasteurized apple cider vinegar
- Filtered water, enough to cover ingredients

Instructions:

1. Place carcass and vegetables in a large soup pot on stove top. Pour enough water to just cover ingredients.
2. Bring to a soft boil and reduce to a simmer for 12 to 24 hours.
3. Strain solid contents from broth. Refrigerate for up to a week or freeze for longer.
4. Mine reduced down to about 3 cups of broth but I didn't have a large carcass to begin with.