

Bone Broth:

The size of the slow cooker limits the amount of broth. (Double/triple recipe as needed.)

For each gallon, use about 2/3 to 1 lb. of bones (chicken, beef, whatever), 1/4 c. apple cider vinegar, and 1/2 to 1 TBS good quality unrefined salt. Other herbs for flavoring/medicinal properties optional. Cover with water, put it on low, and cook at least 24 hrs.

Draw out broth as needed and put in more water (and a splash of vinegar and salt) and keep cooking the bones until they get soft/start to disintegrate (beef bones will often last longer.)