



Dr. Tanya's Homemade Bone Broth

What you will need:

- 1.5 lbs of your choice of bones, frozen, from an organically raised animal
 - beef, poultry, lamb, or pork
- Set of 12 mason jars (500ml each)
- A very large soup pot
- Optional: Your choice of veggies
 - 1-2 carrots, chopped
 - 1 Spanish or white onion, chopped
- Salt and pepper to taste, bay leaf optional

How to make it:

1. Preheat oven to 375 F
2. In a large roasting pan, place bones (can be frozen) and veggies into the pan
3. Roast for 60 mins, uncovered
4. Place everything from the roasting pan in a large pot
5. Add approximately 7 litres of water to the pot, making sure all the bones and veggies are submerged
6. Bring to a boil, and once its boiling, reduce to a simmer
7. Add a bit of salt and pepper (add a bay leaf too, if desired)
8. Simmer for 18-24 hours (The longer you wait, the more concentrated the broth will be)
9. Remove from heat; let cool for several hours
10. The fat should solidify to the top of the mixture – once this happens, skim the fat off the top
11. Pour individual servings into mason jars. The broth should be refrigerated or frozen. It's highly perishable, so the sooner you consume it, the better!