



Bone Broth Recipe

SERVINGS: 4 QUART

PREPPING TIME: 45 MIN

COOKING TIME: 6 - 12 HRS

Ingredients

- 4-5 lbs grass-fed beef bones (preferably knuckle bones, marrow bones, or oxtail from Markegard Family)
- 2 medium carrots, roughly chopped
- 2 medium celery stalks, roughly chopped
- 1 large onion, quartered
- 5-6 cloves garlic, peeled and smashed
- 1-2 tbsp apple cider vinegar (helps extract minerals from the bones)
- 2-3 sprigs fresh thyme (optional)
- 2-3 sprigs fresh parsley (optional)
- 2 bay leaves
- 1 tsp whole peppercorns
- Sea salt to taste
- Filtered water (enough to cover the bones)



Directions

- Roast the bones (optional but recommended):
- Preheat your oven to 400°F (200°C). Place the beef bones in a single layer on a baking sheet. Roast for about 25-30 minutes until they are nicely browned. This step enhances the flavor of the broth.
- Prepare the broth:
- Place the roasted bones in a large stockpot or slow cooker. Add the carrots, celery, onion, garlic, and any optional herbs (thyme, parsley, bay leaves). Sprinkle the peppercorns and salt over the ingredients.
- Pour in the apple cider vinegar and add enough filtered water to completely cover the bones and vegetables.
- Simmer:



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PREPPING TIME: 15 MIN

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Directions Continued

- Bring the mixture to a boil over high heat. Once it starts boiling, reduce the heat to a low simmer. Skim off any foam that rises to the surface during the first hour of cooking.
- Let the broth simmer for 12-24 hours. The longer it simmers, the more nutrients and gelatin will be extracted from the bones.
- Strain and store:
- Once the broth is done simmering strain it through a fine-mesh strainer or cheesecloth into a clean pot or large bowl. Discard the bones and vegetables.
- Taste the broth and adjust seasoning with salt as needed.
- Let the broth cool slightly before transferring it to glass jars or storage containers. Refrigerate for up to 5 days or freeze for longer storage.
- Pro Tips:
- For added richness, you can add a tablespoon of grass-fed beef tallow while simmering.
- If the broth gels in the fridge, that's a sign you've extracted lots of good collagen!
- This homemade beef bone broth is full of nutrients and perfect for sipping on its own or using in soups, stews, and sauces.

