



## Immunity Boosting & Collagen Rich Bone Broth

4 servings

12 hours

### Ingredients

- 1 Whole Chicken Carcass Or Beef Bones (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

### Nutrition

Amount per serving	
Calories	30
Fat	0g
Carbs	7g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	634mg
Potassium	237mg
Vitamin C	22mg
Calcium	84mg
Iron	2mg
Vitamin D	0IU
Folate	33µg
Vitamin B12	0µg
Magnesium	19mg
Zinc	0mg

### Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
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- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is approximately 1 to 1 1/2 cups.

**Low FODMAP:** Omit garlic and onions.

**Best Type of Bones:** Choose beef bones like knuckles, joints, feet, and marrow for the best results. Calf or beef feet are rich in cartilage, while neck bones work well too. Also, consider meaty bones like oxtail to boost your broth recipes.

**Where To Get Bones:** - Save leftover bones from your daily meals (like roast chicken or bone-in roast) and freeze them. - Visit the butcher; they can usually order what you need if not in stock. - Connect with local farmers at farmers' markets or health food store.