

# Beef Bone Broth

## Makes 8 quarts

This is a recipe for basic beef bone broth with the very minimum that I would add in the way of aromatics. Check out the list of all the possible veggies, herbs and spices that are good for broth, then feel free to create your own based on what you have. The more of all these aromatics the more flavorful your broth will be. Don't skip this part! You can easily make half the recipe if you don't want as much broth.

## Directions

Day 1: Put the bones in a 16-quart stock pot. Add the vinegar and fill with cold water. Put on the stove and cook on the lowest heat for a minimum of 12-18 hours, uncovered. I usually leave it on low overnight. The water will barely be bubbling. Not even simmering. If this makes you nervous use your crockpot and reduce the size of the recipe to fit.

Day 2: Add all your aromatics and add more water to make up for any that has cooked off. I cook the veggies for about 8 hours or overnight if I'm adding them at night.

Last Step: Let the broth cool for a few hours then strain the broth. You can do this any way that is convenient for you. I store the broth in Ziplock quart containers mostly because the lids screw on and they freeze nicely. I don't recommend mason jars in the freezer. I have lost multiple quarts of broth to a cracked glass. Jars are great for the fridge.

Tips:

- As long as your veggies and herbs are clean I don't peel or de-stem anything, even onions. Onion skin is actually flavorful, nutritious and makes your broth a golden color.
- The fat will harden at the top making it very easy to spoon off.

## Ingredients

- 5-6 lbs beef bones (bones with a little meat are best)
- 1/2 cup apple cider vinegar
- 3 medium/large onions, cut in 1/8, skin on
- 5 medium carrots, cut in 1 inch chunks
- 8 ribs celery, including leaves
- 1/2 bunch parsley or thyme
- 1/2 head garlic, cut in half crosswise
- 1 tbsp black pepper corns
- 2-3 bay leaves
- 4-5 small dried chilis (optional)
- salt to taste

- I salt my broth when I warm it up to drink because I also use my broth for cooking recipes and I prefer unsalted broth for cooking.
- You can salt your whole pot at once if you prefer.
- My husband likes to add spices and sometimes chopped herbs to the broth he is warming up. He brings a large Hydroflask (insulated bottle) to work and sips on it all day.
- One of my favorite time and money saving tips for making bone broth is to freeze the trimmings of any veggies and aromatics that are good in broth as I'm cooking other things. I then freeze them in bags until I am making a big pot of broth. I add the frozen contents of the bags on day 2. ■