



Bone Broth

Use soup bones, leftover shanks or roast bones
Lamb or Beef

Prep Time 15 mins

Cook Time 8 hours

Servings 5 jars

Ingredients:

1 lb bones
water (enough to fill pot to top)
1 whole onion, quartered
5 cloves garlic, whole
1 tbsp whole, peppercorn
2 bay leaves
1 spring rosemary, fresh
1 spring thyme, fresh
1 tbsp salt

Procedure:

1. On stove top
 - a. Roast bone in preheated oven 350F for 30 minutes
 - b. Place all ingredients in Dutch oven, bring to simmer.
 - c. Simmer all day
 - d. Strain and discard bones and vegetables
2. Slow Cooker
 - a. Roast bone in preheated oven 350F for 30 minutes
 - b. Place all ingredients on Slow Cooker, set on low for 8-9 hours.
 - c. Strain and discard bones and vegetables