



BONE BROTH

Ingredients:

- 12 cups filtered water (approximate – depends on size of slow cooker)
- 1 pre-roasted, organic, whole chicken, meat pulled off the bones
- 2 tablespoons raw apple cider vinegar
- 1 yellow onion, peeled and quartered
- 2 large carrots, cut into chunks
- 4 cloves garlic, smashed
- 2 stalks celery (keep leaves on)
- 1 bay leaf
- 1 teaspoon sea salt
- 1/2 teaspoon cracked black pepper
- 1" fresh ginger, peeled

Instructions:

1. Set slow cooker to low. Add all the ingredients to the pot and cook on low for 16 hours. Skim the foam off the top. Let cool slightly.
2. Strain the broth through a fine-mesh sieve or cheesecloth. Store in the refrigerator or freezer for later use. Scoop off any solidified fat before using.