

Nutrient-Rich Bone Broth

4 Ingredients, 10 serves

1/2 teaspoon salt (sea salt or Himalayan salt)

2 litres water (filtered)

6 tablespoons apple cider vinegar (+ vegetables to suit - see guidelines below)

500 grams beef shin bones (or other bones to suit, see guidelines below to create your perfect broth)

Instructions

Homemade bone broth is a nutritional superfood and makes a great base for soups, sauces and roasts (or just drink it on its own).

ALWAYS use bones from organic, grass fed animals when making bone broth (ask your butcher).

Ingredients - Mix and match to suit your diet, eliminating anything that does not fit (DO NOT use bone broth made from chicken frames on the SIBO diet, only red meat bone broth):

Your choice of raw bones or seafood

Water: -

4 litres for every 1 kg of bones

3.5 litres for every 1.5 kg of whole chicken

3 litres for every 500 g of prawn shells, fish heads and tails

Natural salt

1/4 teaspoon for every 1 litre of water

Vegetables - As a basic rule, for every 1 kg of bones, add 100g each of sliced carrot, onion and leek, 1 celery stalk and 1 bunch of flat-leaf parsley stalks - or substitute other similar vegetables to suit your dietary parameters.

Apple cider vinegar - add 3 tablespoons for every 1 litre (this will help extract minerals)

- Place all the ingredients in a large stockpot and simmer, covered, for 4–6 hours (hard or large bones, such as beef bones, can be simmered for up to 10 hours).
- Skim the froth off the surface periodically.
- When the stock is ready, any meat and cartilage will fall off bone.
- Strain and serve as a clear broth or freeze and use as needed.

Notes

WHAT IS ALL THE FUSS ABOUT BONE BROTH? Bone broth is rich in minerals that support the immune system. It contains healing compounds including collagen, glutamine, glycine and proline. The collagen in bone broth heals your gut lining and reduces intestinal inflammation. The chondroitin sulphate in bone broth has been shown to help prevent

osteoarthritis and the collagen/glycine present in bone broth supports healthy skin, hair and nails.

Warnings

**APPLE CIDER VINEGAR: The FODMAP safe serving size for apple cider vinegar is 2 tablespoons

Nutritional Information (per serving)

Calories	66
Total Fat	2g
Saturated Fat	1g
Cholesterol	20mg
Sodium	152mg
Total Carbohydrate	--
Dietary Fibre	--
Sugars	--
Protein	11g
Calcium	31mg
Iron	1mg
Magnesium	11mg
Phosphorus	103mg
Potassium	200mg
Vitamin C	--
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--