

Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



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.
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.

Ingredients

- 1 Whole Chicken Carcass (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	Vitamin C	22mg
Fat	0g	Calcium	84mg
Saturated	0g	Iron	2mg
Carbs	7g	Vitamin D	0IU
Fiber	2g	Vitamin B6	0.1mg
Sugar	3g	Folate	33µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	19mg
Sodium	634mg	Zinc	0mg
Potassium	237mg	Selenium	0µg
Vitamin A	3918IU		