



Homemade Chicken Broth

INGREDIENTS

- 1 chicken carcass
- 4 to 8 chicken feet
- 4 chicken thighs or wings
- 1 large onion, chopped
- 1 garlic head, cut in half
- 1 large onion, chopped
- 2 carrots, chopped
- ½ bunch of fresh parsley
- A few sprigs of fresh rosemary and thyme or 1 Tbsp. of dried for each
- 1 Tbsp. black peppercorns
- 2 Tbsp. sea salt
- 1-2 Tbsp. raw apple cider vinegar

DIRECTIONS

1. Place all ingredients into an 8 quart crockpot or crockpot, except for parsley. Simmer over low or medium-low heat. Cook covered for 12 to 72 hours. The longer cooking times will extract more nutrients and produce a richer flavored broth.
2. Remove the chicken pieces and vegetables with a slotted spoon, then strain the broth into another pot or large bowl using a fine mesh strainer lined with cheesecloth.
3. If you plan on using your broth within a week, the refrigerate until ready to use. If not, ladle broth into containers, allow it to cool and then freeze.

NOTES

Chicken feet contain the highest amount of collagen and minerals in comparison to other types of bones. I highly recommend using them if you can find them. Use organic ingredients only if available. This recipe freezes well and can be used for the base of soups, stews, gravy, etc.