

Beef Bone Broth



Makes:

approximately 3-4 quarts of stock

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Recipe:

Contributed By:

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Recipe Description:

Preparing homemade bone broths, a traditional food is good way to add more nutrition into meals. Bone broth made with bones from healthy animals are rich in minerals, calcium, magnesium and phosphorus. The addition of cider vinegar helps to draw minerals out of the bones making them more accessible to you when you consume the broth. Bone broth is rich in immune boosting nutrients and collagen that supports overall bone health. The marrow inside of marrow bones is delicious, creamy and rich in calcium, approximately 3 times more, ounce for ounce than milk. Store bought stock is high in sodium and often other harmful additives.

5 lbs
Beef bones, knuckle bones and marrow bones
5 each
onions, peeled and chopped
4 each
celery ribs, chopped
3 each
carrots, trimmed, scrubbed and chopped
6 sprigs
parsley, fresh
2 teaspoons
thyme, dried
1 Tbsp
peppercorns
2 inch
kombu
1/3 cup
apple cider vinegar
8 qts
water

Directions:

1. Preheat 10 quart roaster over medium heat until a sprinkle of water skitters and dissipates.
2. Add bones to roaster, place lid on roaster leaving it slightly ajar. Roast bones for 45- 60 minutes, turning occasionally

- until they are browned on all sides.
3. Add onions, celery, carrots, parsley, thyme, peppercorns, kombu and cider vinegar to roaster.
 4. Add 8 quarts of water to roaster, being careful not to overfill. Place lid on roaster and when Vapo Valve™ begins to click turn heat to low.
 5. Cook stock for 8-10 hours, skimming off impurities and excess fat throughout cooking time.
 6. Remove bones from stock, (reserving marrow bones with marrow inside) and strain stock.
 7. Serve stock as is or with a marrow bone. Scrape marrow from the inside of bone and spread on toast or eat with a spoon.
 8. Bone broth will keep for several days in the refrigerator or chill and divide into smaller container and freeze until needed.
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