



## CHICKEN BROTH RECIPE

### HEALING BENEFITS OF BONE BROTH:

<p><b>Helps to heal and seal your gut, and promotes healthy digestion:</b> The gelatin found in bone broth is a hydrophilic colloid. It attracts and holds liquids, including digestive juices, thereby supporting proper digestion.</p>	<p><b>Inhibits infection:</b> caused by cold and flu viruses, etc. A study published over a decade ago found that chicken soup indeed has medicinal qualities, significantly mitigating infection.</p>
<p><b>Reduces joint pain and inflammation,</b> courtesy of chondroitin sulphates, glucosamine, and other compounds extracted from the boiled down cartilage</p>	<p><b>Fights inflammation:</b> Amino acids such as glycine, proline, and arginine, all have anti-inflammatory effects. Arginine, for example has been found to be particularly beneficial for the treatment of sepsis. Glycine also has calming effects, which may help you sleep better</p>
<p><b>Promotes strong, healthy bone:</b> as mentioned above, bone broth contains high amounts of calcium, magnesium, and other nutrients that play an important role in healthy bone formation</p>	<p><b>Promotes healthy hair and nail growth,</b> thanks to the gelatin</p>

Making your own broth is extremely cost effective as you can make use of a left over carcass bones that would otherwise be thrown away. While this may seem like an intimidating task, it is actually quite easy! It can also save you money by reducing the amount of dietary supplements needed.

### WHAT KIND OF BONES?

No matter the type of animal the bones come from it is **absolutely necessary** for them to be organically raised, pastured or grass-fed. The reason for this is that animals raised in a confined animal feeding operations, or CAFO, tend to produce stock that does not have the gelatinous properties that are desired for their therapeutic properties. Other than that, CAFO animals are fed an unnatural diet that is not beneficial for their intestinal make-up. They are often given a variety of veterinary drugs and growth promoters- none of which you want in your broth.

The following recipe was provided by Sally Fallon writing for the Weston A. Price Foundation.

## **EASY CHICKEN BROTH RECIPE:**

### **YOU WILL NEED:**

1 large crockpot or 1 large stockpot (Note: a crockpot is much more convenient and safe in case you need to leave during cook time)

1 whole free range chicken or 2-3lbs of bony chicken parts (neck, wing, back, breastbones)

Gizzards from one chicken (optional)

2-4 chicken feet (optional)

4 quarts cold filtered water

2 T Apple cider vinegar (this is used to help draw out as many valuable minerals as possible, we recommend Bragg's raw organic)

1 large onion, coarsely chopped

3 celery stalks, coarsely chopped

2 carrots, peeled, coarsely chopped

1 small bunch of parsley

### **COOKING INSTRUCTIONS:**

There really is not an incorrect way to make bone broth. There are many recipes online, the following is an easy recipe.

1. Fill up the stockpot with pure filtered water.
2. Add vinegar, veggies (except parsley)
3. Place the chicken (whole or parts)
4. Bring to a boil and remove any of the scum that floats to the top
5. If using a crockpot: remove from the heat and pour everything into the crockpot, then simmer on low for 3-12 hours (NOT MORE THAN 12 HOURS)
6. If cooking a whole chicken the meat will start to separate after 2 hours, simply remove the chicken from the pot and separate the meat from the bones and set aside
7. Add the parsley about 10 minutes before finishing the broth- this will add healthy mineral ions to your broth
8. Remove remaining bones from the broth and then strain the remainder through a mesh strainer to remove any small bone fragments

Broth can be frozen for later use and should always be consumed warm.