**Basic Meat Bone Broth**

**Prep:** 10 to 15 minutes **Cooking:** 1 to 15 hours **Yield:** 4 quarts

Ingredients & Directions

**For a large batch**

3 to 4 pounds meat bones, leg, marrow, or assorted bones (raw or from cooked meats): beef, bison, lamb, venison, pork, or other

5 to 6 quarts filtered water, or slightly more as needed

2 bay leaves **and/or** 2 or 3 (5 inch) pieces kelp, kombu **or** alaria sea vegetable

3 tablespoons lemon juice **or** 2 tablespoons raw apple cider vinegar

1. Combine ingredients in an 8-quart stockpot. Add water to cover bones. Cover and bring to a full rolling boil over medium heat. Reduce to medium-low to keep broth gently bubbling. Skim off foam that rises to surface during first 30 minutes.
2. Simmer 10 to 14 hours or until broth appears milky. Add water if needed to keep bones covered.
3. Uncover and simmer 1 hour longer or until liquid is reduced to 4 quarts. Remove bones with large slotted spoon or pour through large colander over extra-large bowl. Return broth to pot and place in sink filled with several inches of ice water. Cool for 30 minutes.
4. Strain and ladle into 1-quart Mason jars or freezer containers allowing 1 inch of head space in each container. Label, date, and refrigerate. Broth will thicken as it cools.
5. Skim off and discard fat layer before using or freezing broth. You can freeze some of the broth in ice cube trays and transfer to larger freezer containers. Use refrigerated broth within 10 days. Use frozen broth within 9 months.

**Variations**

Slow Cooker: Combine all ingredients, except water, in 5 to 6 quart slow cooker. Add water to within 1 inch of top. Cover and cook on HIGH for 2 to 3 hours, if possible. Reduce heat to LOW and cook 8 to 10 more hours. In hot weather, you can cook broth on the porch.

**Note:** The sea vegetable is optional, but desirable. It adds flavor and minerals, helps tenderize the bones, and through a process called chelation, and helps rid your body of heavy metals (like mercury from fish and other foods) and radioactive isotopes. If you buy meat by the half or quarter, ask the butcher to save all the bones so you can make gallons of broth. Leg bones contain the most marrow and gelatin.

Adapted from The Garden of Eating by Rachel Albert-Matesz and Don Matesz