



# Healing Broth: Meat Stock & Bone Broth Recipe

Two easy ways to make healing broth at home, perfect for soups, cooking grains, or sipping straight from the mug. Packed with nutrients from bones, vegetables, and herbs, each batch supports gut healing, immunity, and overall wellness.

## INGREDIENTS

Bones of your choice:

- Meat stock: bones with meat, joints, knuckles, chicken legs/thighs/feet
- Bone broth: bones with little meat, such as marrow bones

Water (enough to cover bones + 2-3")

1/4 cup raw apple cider vinegar

Coarsely chopped vegetables:

- Carrots (3-4 sticks)
- Celery (3-4 sticks)
- Onion (1 medium, quartered)

Fresh herbs: thyme, rosemary, bay leaves

Celtic sea salt (1 Tbsp per half gallon)

## INSTRUCTIONS

1. Place bones in a large pot and cover with water plus 2-3 additional inches.
2. Add 1/4 cup raw apple cider vinegar and let sit for 30 minutes to help minerals leach from the bones.
3. Bring to a boil. Skim off anything that rises to the surface.
4. Add coarsely chopped vegetables.
5. Reduce heat to a gentle simmer and cook for the desired amount of time:
  - Meat stock: 1.5-3 hours for poultry, up to 6 hours for beef/bison/lamb
  - Bone broth: 24-48 hours
6. Add fresh herbs during the last hour of cooking.
7. Once done, cool slightly and strain.
8. Pour into glass jars and add Celtic sea salt.
9. Refrigerate (or freeze) until ready to use.

## NOTES

- A fat cap on top = good sign; helps preserve the broth. Once broken, use within 5-7 days.
- Meat stock: gentler, better for early-stage gut healing; can be pureed for easier digestion or used as a soup base.
- Bone broth: richer, higher in collagen and amino acids; best tolerated after some gut healing.
- Drink hot as tea, use as a base for soups, stews, or to cook grains and noodles.
- Optional: Scoop and consume marrow when using marrow bones for added nutrients.