

## **BEEF BONE BROTH RECIPE**

This isn't your normal Store Bought Beef Stock. This is super nutrient rich, flavor full and a great base to anything you are making! Begin a base with this amazing start!

### **Ingredients**

1 bag – (roughly 3-5lbs) of Beef Bones  
3 tbsp Olive Oil  
Salt and Pepper  
2 Carrots – Rough Chop  
2 Celery Stalk – Rough Chop  
1 Onion – Rough Chop  
5 Garlic Cloves – Smashed  
6-8 Shiitake Mushroom – Rough Chop  
5-6 Sprigs of Thyme  
2-3 Bay Leaf  
6 Liters COLD water

### **Let's Begin!**

1. Start your oven to 400f . Coat your bones in olive oil, salt and pepper. Line a cookie sheet in Foil and place the seasoned bones on it standing up. Roast for 40-45 min till the bones brown a touch. Remove from the oven.
2. In a Deep Stock pot, or a soup pot, place all your veg and the bones into it. Pour all the drippings into the pot as well. Top the pot off with 6 liters of COLD water or as much as you can. Place onto a stove element and set to medium low. Once the stock comes to a roll, reduce the heat to minimum and walk away. Seriously, walk away. You are going to let this roll away for 20 hours. You want to pull everything from the bones and marrow that you can. Leave it over night if you are comfortable with it.
3. Once the time has passed and it is smelling SO good, remove from the heat and allow to cool for about an hour.
4. Place a strainer into a clean deep pot and pour your broth into it. We want to strain away all the extras and thyme leaves away from it. Once that it complete, discard your bones and veg. Allow your stock to cool on the stove top, or in a cool area with the lid on. This will let the fat become a solid and make it easier to skim off. I let it sit for 4 hours to over night.
5. Scoop the fat away and discard. Freeze the stock in 2-3 cup freezer bags to use at any time you like.

This is a great way to incorporate great vitamins and nutrients into your diet. You are heat it up and drink alone, or use as a great start to a sauce / stock / stew.

**ENJOY!**