



## Bone Broth (1-10)

*Chicken Soup has long been promoted as a “cure” for the common cold and University of Nebraska researchers validate that claim. They tested 13 brands, they found that all but one (chicken-flavored ramen noodles) blocked the migration of inflammatory white blood cells. Cold symptoms result from an accumulation of these cells in the bronchial tubes, so the ability to block the build up with block symptoms or advancement of illness. The amino acid cysteine, released from chicken during cooking, chemically resembles the bronchitis drug acetylcysteine. Chicken broth has another amino acid glutamine, which aids in rebuilding the gut where most of the immune system is regulated. Use sea salt to create a nice salty broth which keeps mucus thin the same way cough medicines do. Give your soup a boost with garlic, onions, carrots, and celery which can increase your soup’s immune-boosting power. Be aware that as your broth gets cooled, it will thicken and may form into a gel. The gel from bone broth is gelatin and collagen and it serves for function in improving bone, joint health, skin conditions, and digestive function. Bone broth is mineral rich and aids to boost immune function while functioning to repair ulcerations and damage from radiation!*

### Ingredients:

- 1 rotisserie chicken, meat and skin removed
- 1 yellow onion with skin, quartered and then chopped in half
- 3 carrots, chopped in 2-3” pieces
- 4-5 ribs celery, keep leaves on, chopped
- 3-4 cloves garlic, skinned, smashed
- 1-3 cups vegetable scraps (onion skins, chard stems, carrot tops, etc.)
- 2 Tbsp Braggs raw apple cider vinegar
- 2 Tbsp Turmeric ground or fresh and chopped
- 2-3 bay leaves

### Directions:

Put the carcass in a 4-quart pot. Cut the onions, carrots and celery into a few large pieces and add to the pot. Cover with cool water. Bring the pot to a boil and then reduce heat to a slow simmer. Add vinegar and bay leaves. Let it simmer with top on until bones are soft and broth is a rich yellow hue (at least 18 hours but up to 36 hours is great!). If looking to make a more concentration stock, remove lid for last 6 hours to condense liquid. Then cool slightly and strain the stock into a freezer-safe container (be sure to leave room, 1-2 inches, for expansion as it freezes). Discard bones and vegetables.

Option: If starting with a pasture-raised raw chicken, simmer on low heat for 30-40 minutes and then remove from pot to cool and debone. Discard skin, reserve meat for chicken salad or soup and then begin recipe from first step above with the carcass.

Nutrition: Per 8 oz Serving: Calories: 40, Fat: 3 g, Carbs: 0g Protein: 3g Sodium 530 mg