

Krista Harrison, RHN, Culinary Nutrition Expert

[krista@kristaharrison.com](mailto:krista@kristaharrison.com)

[www.kristaharrison.com](http://www.kristaharrison.com)

“Embracing the power of real food!”

## Bone Broth

**Prep time: 15 minutes**

**Cook time: 3-4 hours**

### Ingredients:

Cooked chicken carcass (organic)  
6-8 cups water (enough to cover chicken)  
1 ½ tbsp. apple cider vinegar  
1 tsp turmeric  
1 head of garlic  
2 bay leaves  
1 tsp sea salt  
1-3” Piece of wakame  
1 tsp thyme  
1 tsp basil  
¼ cup goji berries (optional)  
1 onion  
2 sticks of celery  
1 carrot, chopped  
1 zucchini, chopped  
1 inch piece of ginger  
2-3 tbsp coconut oil

**Note: if you keep your veggies scraps all week (instead of throwing them out or composting them), these can be used in the broth too.**

### Directions:

Place all ingredients in large pot and cover with water  
Add 1 ½ tbsp. apple cider vinegar. Mix and let sit for 20 minutes  
Then, bring broth to a boil, cover and simmer for 3-6 hours (the longer the better)  
Drain broth and cool.  
Fill glass jars with broth store with lids on in the fridge