
Bone Broth

INGREDIENTS

1-2 pounds, grass-fed bones (organic preferred)

2-4 stalks celery chopped

2-4 carrots chopped

1/4 cup parsley

1-2 Tablespoons apple cider vinegar

1 teaspoon salt, or to taste

1/4 strip Kombu seaweed (optional)

1-2 cloves garlic (optional)

1/4 to 1/2 onion diced (optional)

Stocks and broths are a staple of many cultures and provide a multitude of health and culinary benefits. Traditionally, stocks and “bone broths” are made using the bones and carcass of animals, where as, broths can be made using vegetables only.

Bone broth has been used extensively in functional medicine to support patients with digestive concerns, immune system dysfunction, brittle hair, skin, and nails, and poor nutritional intake. Although bone broth has been widely used for these purposes and others, research is limited about the health benefits of bone broth. Additionally, there is a risk of lead and other heavy metal contamination, so you should always discuss the benefits versus risks with your functional medicine provider.

Directions

Bone broth, compared to stocks or other broths, needs to cook for a longer amount of time. Most bone broths are cooked, on very low heat, for a minimum of 24 hours and up to 48 hours for larger bones. Some recipes recommend roasting the bones at high temperature in the oven prior to making bone broth. Although this does enhance flavor, it is not recommended if you are preparing bone broth for health reasons.

Cook the bone broth in a slow cooker for 24 to 48 hours as directed above. When the broth is cooled, strain it through a fine-mesh colander. Taste and season with salt, pepper, turmeric or other seasonings as desired.

Bone broth can be used to make soups, stews, homemade gravies, mashed cauliflower, or simply enjoyed as is.

REFERENCES

1. Hsu DJ, Lee CW, Tsai WC, Chien YC. Essential and toxic metals in animal bone broths. *Food Nutr Res.* 2017 Jul 18;61(1):1347478. doi: 10.1080/16546628.2017.1347478.
2. Monro JA, Leon R, Puri BK. The risk of lead contamination in bone broth diets. *Med Hypotheses.* 2013;80(4):389-390.