



Healing Tea Recipe

½ tsp Coriander Seeds

½ tsp Fennel Seeds

½ tsp Cumin Seeds'

½ to 1 inch fresh ginger

Add the seeds and ginger to 4-5 cups of water, bring to a boil, reduce to low boil for 5-10 minutes. Strain first cup into a coffee cup, and strain remaining into insulated coffee mug to sip on through the day. Make sure to finish by 6pm

Here are 4 different recipes for bone broth. I have an option for slow cooker or stock pot for both chicken or beef bone broth. You will get the same healing benefit from either method.

Stovetop Method (15 Hours of Slow Cooking):

The stovetop method is best if you have a huge stock pot and want to make a double batch, otherwise, it required the most babysitting and the temptation to check on it to make sure it wasn't boiling like crazy was definitely there! The liquid does evaporate the most which is why more water is required for this method.

Tip: Bone broth is best when it is cooked until you can easily break a chicken bone in half with your hands. This means the amazing nutrients from the marrow are in your broth. You also know if you cooked it long enough when it thickens after refrigeration – which is totally normal. The broth turns to liquid again when it is heated.

Chicken Bone Broth – slow cooker

1 chicken or small turkey carcass or 3 to 6 pounds (depending on how big your slow cooker is) of any meaty bones, with marrow

2 onion, quartered

4 celery stalks, cut into large chunks (you may include the leaves)

2 large carrots, cut into chunks

¼ cup (for 3 pounds of bones) to ½ cup (for 6 pounds of bones) apple cider vinegar (Bragg's).

Enough water to fill the slow cooker up to about 2 inches from the top.

1 tbsp Himalayan or other pure salt

Put the bones and vegetables in a slow cooker. Drizzle the vinegar over the bones; then add the water and sea salt. Cook on low for 24 to 48 hours. Strain out the bones and vegetables and store the broth in the refrigerator for up to 1-week, or in



individual portions in the freezer for up to six months. Note: when the broth is chilled, it will become a thick gelatin, but it will liquify when heated. Note: you can remove fat from top when the broth is cooled.

Chicken Stock (Chicken Bone Broth) – Stock Pot:

2 1/2 lbs of chicken bones (from 2 chickens), roasted*
1 Tbsp cider vinegar
1 tsp salt
1 medium onion, peeled and halved
2 ribs/sticks of celery (cut into thirds, with leaves attached)
2 medium carrots, peeled and halved
2 smashed garlic cloves
1 bay leaf, optional, but nice
Filtered Water (stock pot: 16 cups, 6Qt Slow Cooker: 12 cups, Instant Pot: 10-11 cups)

*Roast the Bones (for all bone broth methods) **UNLESS** bones are from a cooked chicken or turkey, skip this roasting step. If using a whole raw chicken. Place raw bones on a lined rimmed baking sheet and roast at 400°F for 20 minutes. Transfer bones and any pan juices to your pot. Raw bones can be used...but roasting will really enhance their flavor.

Beef Bone Broth – slow cooker

3 carrots
2 celery stalks
2 onions
3 cloves garlic crushed
2 lbs beef bones with marrow organic
2-3 sprigs fresh parsley
2 bay leaves
2-3 sprigs fresh thyme
1/8 cup apple cider vinegar
1/2 teaspoon sea salt
1/2 teaspoon whole peppercorns
10 cups water

Roughly chop the carrots and celery.

Quarter and peel the onions.

Crush the garlic with a broad-blade knife.



Add all the ingredients into a slow cooker, turn the heat to high until it starts boiling. then reduce to medium heat and simmer for 24-48 hours. The longer you let it simmer the more nutrients will leach from the bone into the broth.

Strain the solids from the liquid and enjoy.

You can consume it directly or let it cool and skim the fat off the surface. The fat can later be used for frying or roast potatoes. Refrigerate the bone broth and consumed within 7 days or freeze for up to 3 month. If you freeze it in ice cube trays you can use it as single beef stock portions.

Beef Bone Broth – Stock Pot

- 1 pound beef bones
- 4 small carrots
- 1 stick celery
- 1 leek
- 1 yellow onion
- 1 teaspoon thyme
- 1 bay leaf
- 1 tablespoon apple cider vinegar
- 8 cups water

Place the bones in a large stock pot. Pour filtered water over the bones and add the apple cider vinegar. Bring to a boil.

Simmer over low heat for 8 hours.

Roughly chop and add the vegetables to the pot.

Add the herbs.

Continue to simmer for another 4 hours.

Remove from the heat and allow to cool.

Strain using a fine metal strainer to remove all the bits of bone and vegetable.

When cool enough, store in glass jars in the fridge for up to 5 days, or freeze for later use.