

Bone Broth

Bones from 2 Chickens or one large beef bone

2 Quarts Filtered Cold Water

1 Tbsp Salt

1 Tbsp Apple Cider Vinegar

Veggies: onion, carrots, celery, parsley, thyme, rosemary, bay leaf

1. Place the bones in a large stockpot and cover with cold water. Bring to a boil and skim off the scum that will rise to the top. Turn down to a simmer or low.
2. Add the vinegar and salt and veggies. Let this broth cook for 36-72 hours. You will need to add more water as it evaporates to keep it at 2 quarts. The minimum amount of cooking time would be 6 hours, but a least overnight is best. The longer you cook the bones, the more medicinal your broth will be.

Best Friend Soup

By Kim Martindale

Chicken white or dark meat roasted or boiled; pulled apart or cut in small pieces

1-2 quarts of bone broth (recipe above)

3 tablespoons of coconut oil or ghee

1 tablespoon of fat left from roasting a chicken

4-6 carrots, sliced

4-6 stalks of celery, chopped

1 large sweet onion, chopped

3-4 tomatoes, diced

4-5 cloves of garlic, sliced or crushed

1-2 cups of frozen green beans

1-2 tablespoons of Italian Seasoning (if you like it spicy)

1-2 teaspoons of Cumin

1-2 teaspoons of Chili Powder

Salt and pepper to taste

1 teaspoon mustard

1 Bay Leaf

Optional: a half cup of pineapple salsa, organic tomato basil pasta sauce, or picante sauce.

Saute the veggies in ghee or coconut oil and fat left from roasted chicken; add the seasonings, and simmer until slightly tender in a large skillet or soup pot. I add frozen green beans to the fresh veggies giving them time to get tender as well.

Put the veggies into a stock pot and add chicken pieces and chicken broth until you have the desired amount of liquid. Let soup reach desired tenderness and enjoy!