



Bone broth is a great source of nutrients and a wonderful way to use the remaining meat and bones from roasted chicken, beef or lamb or even a steak dinner.

ENJOY IN GOOD HEALTH!

Tonic Therapeutic Herb
Shop & Elixir Bar
140 E German St
Shepherdstown, WV 25443

Tonic's Bone Broth

In a 6-quart crock pot combine:

- 3-5 lbs of bones (roasted).
- 2 celery ribs roughly chopped
- 2 carrots roughly chopped
- 2 small onions cut into quarters
- 8 cloves garlic
- 6 bay leaves
- 3-4 springs fresh thyme or 1
Tablespoon dried thyme
- 3-4 springs fresh rosemary or 1
Tablespoon dried rosemary
- 1-2 tsp salt
- 1-2 tsp black peppercorns
- 1/8 cup vinegar (preferably with the
mother)

Cover. Simmer on low for 12-24 hours.
Strain and enjoy it hot by itself, or use it to
make your favorite soup. Put leftover
broth into jars and freeze for future use
(be sure to leave space at the top of the
jars for expansion).