

Primal

Bone Broth



Per 1 cup serving: Calories: 50 | Protein: 10g | Carbs: 1g Fat: 1.5g

Ingredients

- 2-3 pounds of bones (beef, chicken, or a mix)
- 2 tablespoons apple cider vinegar
- 1 large onion, quartered
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3-4 garlic cloves, smashed
- 2 bay leaves
- 1 teaspoon black peppercorns
- 1 teaspoon sea salt (adjust to taste)
- Fresh herbs like parsley or thyme (optional)
- 8-10 cups of water (enough to cover the bones and vegetables)

Directions

1. Prepare the Bones:
 - If using raw bones, it's a good idea to roast them in the oven at 400°F (200°C) for about 30 minutes to enhance the flavor. This step is optional but recommended.
2. Add Ingredients to the Crockpot:
 - Place the bones in the crockpot.
 - Add the apple cider vinegar (this helps to extract minerals from the bones).
 - Add the onion, carrots, celery, garlic, bay leaves, peppercorns, and salt.
 - Pour enough water to cover the bones and vegetables.
3. Cook the Broth:
 - Cover the crockpot with the lid and set it to low.
 - Cook for 24-48 hours. The longer it cooks, the more nutrients will be extracted from the bones. You can cook it for at least 12 hours if you're short on time.

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4. Strain the Broth:

- Once the broth is done cooking, let it cool slightly.
- Strain the broth through a fine-mesh sieve or cheesecloth into a large bowl to remove the bones and vegetables.
- Discard the solids.

5. Store the Broth:

- Let the broth cool completely before storing it in the refrigerator or freezer.
- In the refrigerator, the broth will last for up to 5 days.
- In the freezer, it can be stored for up to 3 months. You can use ice cube trays to freeze small portions for easy use.

6. Serve:

- When ready to use, you can reheat the bone broth on the stove.
- Enjoy it as a warm, nourishing drink or use it as a base for soups and stews.

The protein content is primarily from the collagen and other proteins extracted from the bones.

The fat content can vary based on the type of bones used and whether any fat is skimmed off during or after cooking.

Bone broth is also rich in minerals like calcium, magnesium, and phosphorus, but these are not typically included in macro calculations.

Enjoy your nutritious and delicious bone broth!

Oil of Oregano

Adding oil of oregano to your bone broth can enhance its flavor and provide additional health benefits.

- Add 3-5 drops of oil of oregano to the finished bone broth just before serving.

Start with a smaller amount of oil of oregano, as it has a strong flavor and can be potent. You can adjust to taste if desired.

- Ensure that you are using a high-quality, food-grade oil of oregano.

- If you are new to using oil of oregano, it's a good idea to consult with a healthcare provider, especially if you have any medical conditions or are pregnant or breastfeeding.

Benefits of Oil of Oregano:

1. **Antimicrobial Properties**: Oil of oregano is known for its strong antimicrobial properties, which can help fight off bacteria, viruses, and fungi. This makes it beneficial for supporting the immune system.
2. **Anti-inflammatory Effects**: The compounds in oil of oregano, such as carvacrol and thymol, have anti-inflammatory properties, which can help reduce inflammation in the body.
3. **Antioxidant Power**: It is rich in antioxidants, which help protect the body from oxidative stress and free radical damage.
4. **Digestive Health**: Oil of oregano can aid in digestion by promoting the production of digestive enzymes and improving gut health.
5. **Respiratory Health**: It can help alleviate symptoms of respiratory conditions such as coughs and bronchitis due to its antimicrobial and anti-inflammatory effects.
6. **Pain Relief**: Some studies suggest that oil of oregano can help reduce pain, making it useful for muscle aches and joint pain.