



Bone Broth & Vegetarian Mineral Broth Recipes

Bone Chicken Broth Basic Recipe (from Dr. Mercola)

You can use turkey or chicken bones for this; my children prefer the taste of chicken broth the best.

Ingredients for Homemade Chicken Broth

- 1 whole free-range chicken or 2 to 3 pounds of bony chicken parts, such as backs, necks and wings
- Gizzards from one chicken (optional)
- 2-4 chicken feet (optional)
- 4 quarts cold filtered water
- 2 tablespoons vinegar
- 1 large onion, coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 3 celery stalks, coarsely chopped
- 1 bunch parsley

Please note the addition of vinegar. Not only are fats ideally combined with acids like vinegar, but when it comes to making broth, the vinegar helps leech valuable minerals from the bones into the stockpot water, which ultimately becomes the broth you'll be eating.

Bragg's raw apple cider vinegar is a good choice because it's unfiltered and unpasteurized.

Cooking Directions

While there is no right or wrong way to make bone broth, I'll offer some basic directions.

If you're starting out with a whole chicken, you'll of course have plenty of meat as well, which can be added back into the broth later with additional herbs and spices to make a hearty chicken soup, or set aside for another purpose.

1. Fill up a large stockpot (or large crockpot) with filtered water.
2. Add vinegar and all vegetables, except parsley, to the water.
3. Place the whole chicken or chicken carcass in the pot.
4. Bring to a boil, and remove any scum that rises to the top.
5. Reduce the heat to the lowest setting and let simmer.
6. If cooking a whole chicken, the meat should start separating from the bone after about 2 hours. Simply remove the chicken from the pot and separate the meat from the bones. Place the carcass back into the pot and continue simmering the bones for another 12-24 hours, and then skip ahead to complete steps 8 and 9.
7. If cooking bones only, let them simmer for about 24 hours.
8. Add the fresh parsley about 10 minutes before finishing the stock to infuse it with healthy mineral ions.
9. Remove remaining bones from the broth with a slotted spoon and strain the rest through a strainer to remove any bone fragments.



Bobbi Misiti

Yoga & Health Coaching

bobbi@befityoga.com 717.443.1119

www.befityoga.com

You can freeze this in mason jars to keep some on hand.

NOTE: You can make this with cow's bones or fish bones. For someone sensitive to histamines fish bones would be better since bone broth is a source of histamines.

Vegetarian Options:

Dr. Mark Hyman's Ultra Broth

THE ULTRABROTH IS a wonderful, filling snack that will also provide you with many healing nutrients and alkalize your system, making it easier to detoxify, lose weight, and feel great. The recipe can be varied according to taste.

UltraBroth Ingredients:

For every three quarts of water add:

1 large onion, chopped

2 carrots, sliced

1 cup of daikon or white radish root and tops (ideal, but optional)

1 cup of winter squash cut into large cubes

1 cup of root vegetables: turnips, parsnips, and rutabagas for sweetness

2 cups of chopped greens: kale, parsley, beet greens, collard greens, chard, dandelion, cilantro or other greens

2 celery stalks

½ cup of sea weed: nori, dulse, wakame, kelp, or kombu

½ cup of cabbage

4 ½-inch slices of fresh ginger

2 cloves of whole garlic (not chopped or crushed)

Sea salt, to taste

1 cup fresh or dried shitake or maitake mushrooms (If available; these contain powerful immune boosting properties.)

Add all the ingredients at once and place on a low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste.

Cool, strain (compost the cooked vegetables), and store in a large, tightly-sealed glass container in the fridge, or save some for freezing.

Simply heat gently and drink up to 3–4 cups a day.

Makes: 2 quarts or 8 cups

Prep time: 30 minutes

Cook time: 60 minutes

Rebecca Katz's Magic Mineral Broth

This is my Rosetta stone of soup, a broth that can be transformed to meet a myriad nutritional needs, serving as everything from a delicious sipping tea to the powerful base for more hearty soups and stews. So no matter what a person's appetite, it can provide a tremendous nutritional boost. This rejuvenating liquid, chock-full of magnesium,



Bobbi Misiti

Yoga & Health Coaching

bobbi@befityoga.com 717.443.1119

www.befityoga.com

potassium, and sodium, allows the body to refresh and restore itself. I think of it as a tonic, designed to keep you in tip-top shape.

Ingredients

Makes 6 quarts

- 6 unpeeled carrots, cut into thirds
- 2 unpeeled yellow onions, cut into chunks
- 1 leek, white and green parts, cut into thirds
- 1 bunch celery, including the heart, cut into thirds
- 4 unpeeled red potatoes, quartered
- 2 unpeeled Japanese or regular sweet potatoes, quartered
- 1 unpeeled garnet yam, quartered
- 5 unpeeled cloves garlic, halved
- 1/2 bunch fresh flat-leaf parsley
- 1 (8-inch) strip of *kombu**
- 12 black peppercorns
- 4 whole **allspice** or juniper berries
- 2 bay leaves
- 8 quarts cold, filtered water
- 1 teaspoon sea salt



Kombu is a mineral-rich seaweed (in the kelp family) that adds an umami or savory flavor to stocks and broths. Kombu is usually found in the Asian section of a grocery store near the nori (seaweed sheets) that are used for sushi. Store dried Kombu in a cool dark area in your pantry. **You can also order it here.*

Preparations

Rinse all of the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves.

Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.

Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste.

Let cool to room temperature before refrigerating or freezing.

Fish Bone Broth

a recipe from Greg Fear

Ingredients

- 1-2 non-oily fish carcasses from cod, sole, haddock, hake, etc.
- 1 Tbs. butter



Bobbi Misiti

Yoga & Health Coaching

bobbi@befityoga.com 717.443.1119

www.befityoga.com

- Vegetables, diced fine – 1 onion, 1-2 carrots, 1-2 celery
- 1 c. dry white wine, optional
- Herbs, optional – 3-4 sprigs thyme, 2 bay leaves, ½ -1 tsp. peppercorns
- Cold, filtered water, to cover
- 1-2 fish heads, gills removed



Instructions

- 1 Simmer veggies in butter over medium heat for about 5-10 minutes. Place fish carcasses, fish heads, herbs and peppercorns over veggies, cover and simmer 5-10 more minutes. This will stimulate the fish to release their flavors before adding the water.
- 2 Add wine (if using) and water to cover the carcasses and bring to a simmer and skim scum that forms on the surface. The scum won't hurt you! It's just some impurities that get released. This happens in all types of bone broths.
- 3 Simmer gently 45-60 minutes.
- 4 Strain broth from carcasses and veggies.
- 5 Store in the fridge for up to 5 days. Freeze whatever you won't use within that time.

Beef Marrow Bone Broth Recipe

Ingredients

- 3-4 pounds beef marrow and knuckle bones
- 2 pounds meaty bones such as short ribs
- 1/2 cup raw [apple cider vinegar](#)
- 4 quarts filtered water
- 3 celery stalks, halved
- 3 carrots, halved
- 3 onions, quartered
- Handful of fresh parsley
- Sea salt

Procedure

- 1 Place bones in a pot or a crockpot, add apple cider vinegar and water, and let the mixture sit for 1 hour so the vinegar can leach the mineral out of the bones.
- 2 Add more water if needed to cover the bones.
- 3 Add the vegetables bring to a boil and skim the scum from the top and discard.
- 4 Reduce to a low simmer, cover, and cook for 24-72 hours (if you're not comfortable leaving the pot to simmer overnight, turn off the heat and let it sit overnight, then turn it back on and let simmer all day the next day)
- 5 During the last 10 minutes of cooking, throw in a handful of fresh parsley for added flavor and minerals.
- 6 Let the broth cool and strain it, making sure all marrow is knocked out of the marrow bones and into the broth.



Bobbi Misiti

Yoga & Health Coaching

bobbi@befityoga.com 717.443.1119

www.befityoga.com

- 7 Add sea salt to taste and drink the broth as is or store in fridge up to 5 to 7 days or freezer up to 6 months for use in soups or stews.