

## Old Fashioned Beef Stock for Your Health

Whether you are making French Onion soup, beef and barley soup, or just adding flavor to stews, stroganoff, spaghetti, or any number of dishes, you will want to have plenty of beef stock frozen and available for quick and easy meals.

Not only is grass fed beef stock delicious and versatile it gives you great health benefits as well. It can help ease arthritis, heal broken bones, aid digestion, and support the immune system.

A little apple cider vinegar in the broth helps to leach the important minerals out of the bones and makes them available to you to help make your bones and joints strong.

Here is our recipe for old fashioned grass fed beef bone broth:

### Hearty Beef Stock

- Ingredients**
- 3 - 4 pounds grass fed beef soup bones
  - 3 - 6 whole celery stocks
  - 1 - 2 whole onions peeled
  - Water to fill stock pot
  - 1/4 Cup Apple Cider Vinegar
  - Salt and pepper to taste (use sea salt for better flavor and electrolytes)
  - 1 - 2 Tsp celery seed (optional)
  - Onion powder to taste (optional)

You will need a large stock pot for the broth and you will need a pan to roast the bones either in the oven or on the stove top.

- Directions:**
- Roast, in covered roasting pan, 3 - 4 pounds soup bones in the oven at 350 degrees F for 45 minutes to an hour
  - Cook the bones long enough so that the meat on them is done (You can also cook the bones in a pan, on the stove top if desired)
  - Fill a large stock - pot with water up to  $\frac{3}{4}$  full, and bring to a boil
  - Place cooked bones, onions and celery stocks in the boiling water
  - Season to taste. (Use sea salt for better flavor and nutrition)
  - Turn to simmer, let simmer for 2 - 3 hours. (You can let it simmer longer if desired)
  - After desired time simmering, remove bones, onions, and celery and...
  - VOILA - BEEF STOCK!

You can then strip the meat off the bones and either put the pieces of meat back in the stock or not, according to your preference.

Obviously you can vary the ingredients and proportions to suit your tastes - depending on what size stock pan you have, you can use your own judgment on proportions. The meat to water ratio affects the strength and flavor of the stock. This recipe works for all other types of bone broth such as chicken, turkey, or pork.