



LINDGREN  
functional medicine

# HOW TO MAKE BONE BROTH

YOU NEED: *beef, chicken, or turkey bones*

## ROASTING BONES

1. Heat oven to 400°F.
2. Arrange bones on baking sheet or in cast iron pan, drizzle with extra virgin olive oil.
3. Roast for 30 minutes or until slightly brown.

*this step is optional, but greatly improves the flavor*

*ideal if sourced from organic or pasture-raised animals*

## SIMMERING BROTH

1. Transfer bones to a heavy stock pot, kettle, or slow/pressure cooker.
2. Fill with water until bones are covered.
3. Add a splash of apple cider vinegar or wine.
4. Drop in bay leaves and peppercorns.
5. Bring to a boil over medium-high heat, then immediately reduce to low (or turn on soup mode).
6. Simmer on low at least 8 hours and up to 16 hours.
7. Skim off any foam that appears on the surface.
8. Season with sea salt to taste.
9. Serve immediately or store in jars, refrigerated up to 1 week and frozen up to 6 months.

*the acidity helps release nutrients from the bones*

*you can also strain the floating bits to improve clarity, but they actually contain many nutrients*

*if you plan to freeze, leave 2 in space at the top of the jar to accomodate expanding*

What about the fat layer that forms at the top?

*This can actually serve to seal the broth and extend how long it stays fresh in the fridge. You can toss when ready to eat if you prefer.*

