



LINDGREN  
functional medicine

# HOW TO MAKE BONE BROTH

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

## ROASTING BONES

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

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

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.

## SIMMERING BROTH

*the acidity helps  
release nutrients from  
the bones*

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.

*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.*

