



## Immunity Boosting Bone Broth

4 servings

12 hours

### Ingredients

- 1 Whole Chicken Carcass
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

### Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. Remove (& eat) the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top & save it for future cooking. Freeze broth until ready to use.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is approximately 1 to 1 1/2 cups.