

## **Bone Broth**

Bake 2 chickens in oven at 370 degrees for 1.5 hours.

Remove meat from bones.

Place bones in crock pot or large stock pot

Add 5 Quarts Filtered Cold Water

1 Tbsp Salt

1 Tbsp Apple Cider Vinegar

2-4 bay leaves

Veggies: 1 onion, garlic, 2 carrots, 2 celery, parsley, thyme, rosemary, bay leaf

1. Place the bones in a large stockpot and cover with cold water. Bring to a brief boil and skim off the scum that will rise to the top. Turn down to a simmer or low.
2. Add the apple cider vinegar, bay leaves and salt and veggies. Let this broth cook for 24 hours. You will need to add more water as it evaporates to keep it at 4-5 quarts.
3. Strain out the broth, throw away bones and vegetables. Add seasonings if desired (salt, herbs, chili powder, cumin, gluten free mustard, tomatoes,etc...).

Saute the veggies in ghee or coconut oil and fat left from roasted chicken; add the seasonings, and simmer until slightly tender in a large skillet or soup pot. I add frozen green beans to the fresh veggies giving them time to get tender as well.

Put the veggies into a stock pot and add chicken pieces and chicken broth until you have the desired amount of liquid. Let soup reach desired tenderness and enjoy!

\*Therapeutic Benefits: Support of soft tissue injuries and healing and gastrointestinal support and healing.

\*Thermal decomposition of bones, tendons, cartilage and gelatin breaks down chemical bonds in the compounds making them more easily utilized by the body.

## **Chicken and Vegetable Soup (Best Friend Soup)**

By Kim Martindale

Chicken white or dark meat roasted or boiled; pulled apart or cut in small pieces

1-2 quarts of bone broth (recipe above)

3 tablespoons of coconut oil or ghee

1 tablespoon of gelatin left from roasting a chicken

4-6 carrots, sliced

4-6 stalks of celery, chopped

1 large sweet onion, chopped

3-4 tomatoes, diced

4-5 cloves of garlic, sliced or crushed

1-2 cups of frozen green beans

1-2 tablespoons of Italian Seasoning (if you like it spicy)

1-2 teaspoons of Cumin

1-2 teaspoons of Chili Powder

Salt and pepper to taste

1 teaspoon mustard

1 Bay Leaf

Optional: a half cup of organic salsa.