

Beef Bone Broth

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Prep time: 5 minutes

Cook time: 8-12 hours

Yield: 14-18 cups

Ingredients:

- 1 Tablespoon olive oil (optional)
- 1 beef neck bone
- 1 gallon water (16 cups)
- 1 Tablespoon apple cider vinegar
- 3 celery stalks, cut into thirds (optional)
- 3 carrots, peeled and cut into thirds (optional)
- 3 garlic cloves, peeled (optional)
- Salt and pepper, to taste



Instructions:

1. Wash hands with soap and warm water. Optional: heat 1 Tablespoon olive oil on the bottom part of a steamer pot set. Sear the neck bone for 2-3 minutes on all sides for enhanced flavor.
2. Fill the bottom part of the steamer pot set with water and apple cider vinegar.
3. Add beef bone to the basket or top half of steamer pot set. Add celery, carrots, garlic, salt, and pepper.
4. Gently place the top half of steamer pot into the bottom part. Add additional water as needed to cover ingredients by 1-2 inches. Cover and bring to a boil. Reduce heat and simmer for 8-12 hours.
5. Carefully remove the top half of steamer pot from the broth and discard bones.
6. Place bottom pot in an ice bath for 15 minutes to cool. Use a skimmer to strain out any additional seasonings.
7. Store beef bone broth in an airtight container in the refrigerator for up to 3 days or freeze for up to 3-4 months.

To Freeze:

Allow broth to cool and place in glass canning jars or freezer bags. Cool broth completely before using glass freezer-safe containers. If using freezer bags, carefully remove air before sealing. Thaw overnight in fridge before using.