



# Roasted Bone Broth

## Ingredients:

- 8 Beef Bones (grass fed)
- 6 litres water (based on a 6 litre slow cooker)
- 2 large carrots
- 4 celery sticks
- 1 brown onion
- 1 leek
- 1 Small bunch Parsley
- 3 Sprigs Rosemary
- 4 Sprigs Thyme
- 2 Cloves Garlic
- 2 teaspoons salt (Rock Salt / Sea Salt)
- Black Pepper to taste

## How to prepare:

Place the bones into a roasting tray, add some salt and pepper and roast in 180°C oven for 30 minutes until browned.

In the slow cooker or pot place the rest of the ingredients and the bones, fill with water and cook for 12-24 hours (in the slow cooker) or 6-8 hours (on the stove).

Leave to slightly cool, remove bones and vegetables and strain.

Store in the freezer in small 1-2 serve containers.

This is great to keep in the fridge and drink daily.