

~True To Nature, Pasture Fed~



7U Ranch

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~**Bone Broth**~

### **What you will need...**

- ~ 2 to 4 lbs Osso Bucco sliced shank (or other marrow and knuckle bones)
- ~ 1/2 cup raw apple cider vinegar
- ~ 4 quarts of water
- ~ 4 carrots (cut in half)
- ~ 4 celery ribs (cut in half)
- ~ 1 onion (quartered)
- ~ 4 to 5 cloves garlic (whole)
- ~ sea salt ( to your taste preference)
- ~ 1 TBS dried oregano ( or use some fresh, if you have it)

### **To Prepare...**

- 1) place Osso Bucco sliced shank in a crock pot and pour Raw Apple Cider Vinegar over bones.
- 2) Add water and allow to sit for 45 minutes to 1 hour. This allows the vinegar to start pulling the minerals from the bones and into the water.
- 3) Add more water, if needed to cover the bones.
- 4) Add remaining ingredients and cook on on low setting for 24 to 72 hours. ( or until bones become soft). ( make sure to scrape marrow from bones and into broth for full benefits of the broth.

Sip as is, add pasta or rice and serve, or store in the freezer for use in recipes.