

Slow Cooker Bone Broth

1. Choose Your Bones

- Best options:
 - Chicken carcass, wings, or feet
 - Beef marrow bones, knuckles, oxtail
- Aim for joint + marrow bones for best gelatin
- Use organic or pasture-raised if possible

2. Optional: Pre-Step (No Stove Needed)

- Place bones directly into the slow cooker
- Add 1–2 tablespoons apple cider vinegar
- Cover fully with cold, filtered water
- Let sit 20–30 minutes before turning on heat

3. Add Aromatics (Optional)

- 1 onion, halved
- 1–2 carrots, chopped
- 1–2 celery stalks, chopped
- 1–2 garlic cloves
- Optional: ginger slices, bay leaf, peppercorns
(Do not add salt yet)

4. Set the Slow Cooker

- Cover with lid
- Cook on LOW only

Cooking times:

- Chicken bone broth: 12–24 hours
- Beef bone broth: 24–48 hours

(No need to bring to a boil; LOW is ideal)

5. Skim (Optional)

- During the first 1–2 hours, skim off any foam
- Not required, but improves clarity

6. Strain

- Turn off slow cooker
- Remove large bones with tongs
- Strain broth through a fine mesh sieve
- Discard solids

7. Cool and Store

- Let cool slightly, then refrigerate
- Fat will solidify on top—leave it until ready to use
- Storage:
 - Fridge: 3–5 days
 - Freezer: up to 6 months

8. Finish Before Using

- Reheat gently
- Add salt to taste
- Use for sipping, soups, or cooking grains

Slow Cooker Tips

- LOW heat extracts collagen best
- Broth should gel when cold—that's a win
- Bones can be reused once for a lighter second batch