

Crockpot Chicken & Bone Broth

<p>4 – 6 lbs. of bone-in organic chicken thighs or a whole chicken – My favorite meat combination is 1 whole chicken and 4 drumsticks</p> <p>Veggies – Onions, Carrots, Celery, Garlic – to taste</p> <p>Herbs – to taste</p> <p>Sea Salt & Pepper – to taste</p> <p>Optional: 2 Tablespoons of apple cider vinegar</p>	<p>Using a large oval crockpot, insert the full chicken or thighs. You can add the veggies and herbs to your taste. If doing an elimination protocol just add sea salt to taste. Cut the veggies into 1 ½” pieces and add to pot. Add parsley, herbs, salt, and pepper. Since you will not be eating the veggies used during cooking, use the parts you wouldn’t eat, like the celery and carrot tops. They give you the flavor you are looking for and leave you the edible parts. Fill the pot with filtered water, leaving 1 – 2” un-filled at the top. Make sure the chicken is covered with water. Cook for 6 hours on high in the crockpot. Let the soup cool and remove the chicken using 2 spatulas or tongs. Place the chicken on a plate and have an extra plate next to it. Using kitchen tongs and forks peel the meat away from the bone and put the meat on the empty plate leaving behind any bones or inedible parts of the chicken. Put the meat in the refrigerator. Put the chicken bones, joints and skin back in the crockpot with the broth, add more water and continue to cook for up to 24 hours on low in the crockpot. When done remove the bones and strain the soup. Don’t use the veggies, they will be too overcooked to use. Put it in a large container and refrigerate. The excess fat will solidify on top, you can remove and put the broth in smaller containers (mason jars work great). Freeze or use up within 5 days.</p> <p>1 whole chicken and 4 drumsticks will give me 6 – 8 cups of cooked chicken and 7 – 8 pints of bone broth.</p> <p>Drink the warm broth or use it and the chicken to make chicken soup.</p> <p>Crockpot – I would invest in the largest oval style one you can find and make sure it has a timer on it.</p>
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