

Chicken Bone Broth

8 servings

- 2 pounds roasted chicken backs*
- 2 pounds roasted chicken feet*
- 7 cups water
- 2 yellow onions halved
- 3 cloves garlic
- 3 stalks celery halved
- 3 carrots cut into 2-inch pieces
- 3 sprigs fresh rosemary
- 6 sprigs fresh oregano
- 6 springs fresh thyme
- 2 teaspoons whole peppercorns
- 1 teaspoon sea salt
- 2-3 tablespoons apple cider vinegar



In a large crockpot, place the chicken backs, chicken feet, and water. Add onions, garlic, celery, carrots, rosemary, oregano, thyme, peppercorns, salt, and apple cider vinegar. Cook the whole thing on low for at least 8 hours (I usually cook mine for up to 72 hours). If you choose to go longer than 8 hours, be sure to check periodically and add more water, one cup at a time.

*To roast your bones and chicken feet, preheat the oven to 350 degrees. Place the chicken feet and bones on a baking sheet, drizzle with avocado oil, liberally sprinkle with sea salt and freshly ground black pepper. Place the baking sheet in the oven for 20 minutes. Turn all the bones and put them back into the oven until they are a deep brown, about 20 more minutes.

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