

Broth Recipe

Liz Nieves

Instagram: @liznieves08

<https://lifeandnutritionbydesign.com/>

****Ingredients****

- Chicken Feet: 1 pack
- Chicken Heart: 1/2 pack
- Chicken Liver: 1/2 pack
- Optional: Bone marrow from cow
- Cilantro: Handful
- Carrots: 3, roughly chopped
- Parsley: Handful
- Mushrooms: 1 pack, roughly chopped
- Celery: 3 stalks, roughly chopped
- Onion: 1/2, roughly chopped
- Garlic: 1 full head, cloves peeled and smashed
- Red Pepper: 2, roughly chopped
- Oregano Powder: 1/2 tbsp
- Green Onion: 3 stalks, roughly chopped
- Fennel: 2, roughly chopped
- Salt: To taste
- Garlic Powder: 1/2 tbsp
- Turmeric Powder: 1/2 tbsp
- Filtered Water: Enough to cover ingredients
- Butter: 2 large spoons (preferably unsalted)



****Instructions****

1. ****Prep Ingredients****: Thoroughly wash all ingredients. Clean chicken feet with vinegar and baking soda, then rinse well. Break the bones of the chicken feet to release marrow. Roughly chop vegetables and herbs (no need to mince).
2. ****Heat Butter****: In a large stockpot over medium heat, melt 2 large spoons of butter until it begins to foam slightly.
3. ****Add Ingredients****: Place chicken feet, hearts, liver, and optional bone marrow into the pot. Add all vegetables, herbs, oregano powder, garlic powder, turmeric powder, and salt.
4. ****Add Water****: Pour in filtered water until ingredients are fully submerged, leaving about 1-2 inches of space from the top of the pot.
5. ****Stir and Bring to Boil****: Stir everything to combine. Bring the mixture to a boil over medium-high heat.
6. ****Simmer****: Once boiling, reduce heat to low, cover, and let simmer gently for 8-10 hours. Check occasionally, skimming any foam from the surface and adding more water if needed to keep ingredients submerged.
7. ****Strain Broth****: After simmering, strain the broth through a fine mesh strainer into mason jars (8 oz or 16 oz). Discard solids or save for another use.
8. ****Store****: Let broth cool slightly, then seal jars and store in the fridge.
9. ****Serve****: Warm up 8 oz of broth when ready to consume. Suggested for morning on an empty stomach or during a 48-hour broth fast.

****Notes****

- Broth can be refrigerated for up to 5-7 days or frozen for longer storage.
- Using butter instead of tallow may add a slightly richer, creamier flavor to the broth. Use unsalted butter to control salt levels. Tallow or ghee are also an acceptable fats to use in recipe
- Suggest in the morning on an empty stomach. Great to break a fast with. Also, can do a 48 hour fast just on broth.

****Instructions if you would like to use a Pressure Cooker/Instapot**

2 large spoons of tallow in the Instapot.

Place chicken feet, hearts and liver into the pot, and all the other ingredients into the pot.

Fill with Filtered water to the max

Put in all the powders and salt

Mix everything

Place lid and make sure it is sealed.

Press the Pressure Cooker or Soup (Broth) setting. This setting will do it by itself.

Leave it over night 8-10 hours.

Drain all the broth into mason jars of 8 ounces or 16 ounces and keep in the fridge

Warm up 8 ounces every time you want to have one.