

HOMEMADE BONE BROTH

Prep Time: 15 minutes

Cook Time: 12–24 hours

Makes: About 8–10 cups

Ingredients

- 3–4 lbs beef bones, chicken bones, or a mixture
- Chicken necks and backs, for additional collagen
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 large onion, quartered
- 3–4 cloves garlic, smashed
- 1 teaspoon sea salt, or to taste
- 1/2 teaspoon black pepper
- A few sprigs of fresh thyme or parsley, optional
- 1 small fennel bulb, roughly chopped, optional
- 1/2–1 teaspoon turmeric, optional
- 10–12 cups water, or enough to cover the bones

Instructions

1. Roast the Bones

For deeper flavor, place the bones on a baking sheet and roast at **425°F for 30–40 minutes**.

This step is especially helpful when using beef bones.

2. Add Everything to the Pot

Place the roasted bones, chicken necks, and backs in a large stockpot or slow cooker.

Add the carrots, celery, onion, garlic, salt, pepper, herbs, fennel, and turmeric if using.

Pour in enough water to fully cover the bones.

3. Simmer Slowly

Bring the mixture to a gentle boil, then reduce the heat to very low.

Cover and simmer gently:

- **Chicken bones, necks, and backs:** 12–18 hours
- **Beef bones:** 18–24 hours

Skim off any foam that rises to the top during the first hour or two.

4. Strain

Carefully strain the broth through a fine-mesh strainer into a large bowl or container.

Discard the bones and vegetables.

5. Cool and Store

Allow the broth to cool before refrigerating.

Once chilled, a layer of fat may form on top. You can remove it or leave some for flavor.

Store in the refrigerator for up to **4 days**, or freeze in smaller portions for later use.

Tips

For a broth that gels when chilled, use plenty of collagen-rich bones such as **chicken necks, backs, feet, joints, knuckles, or oxtail**.

Fennel adds a subtle sweetness and depth of flavor, while turmeric can add warmth and an earthy note.

Use bone broth as a warm drink, soup base, or cooking liquid for vegetables, grains, and sauces.