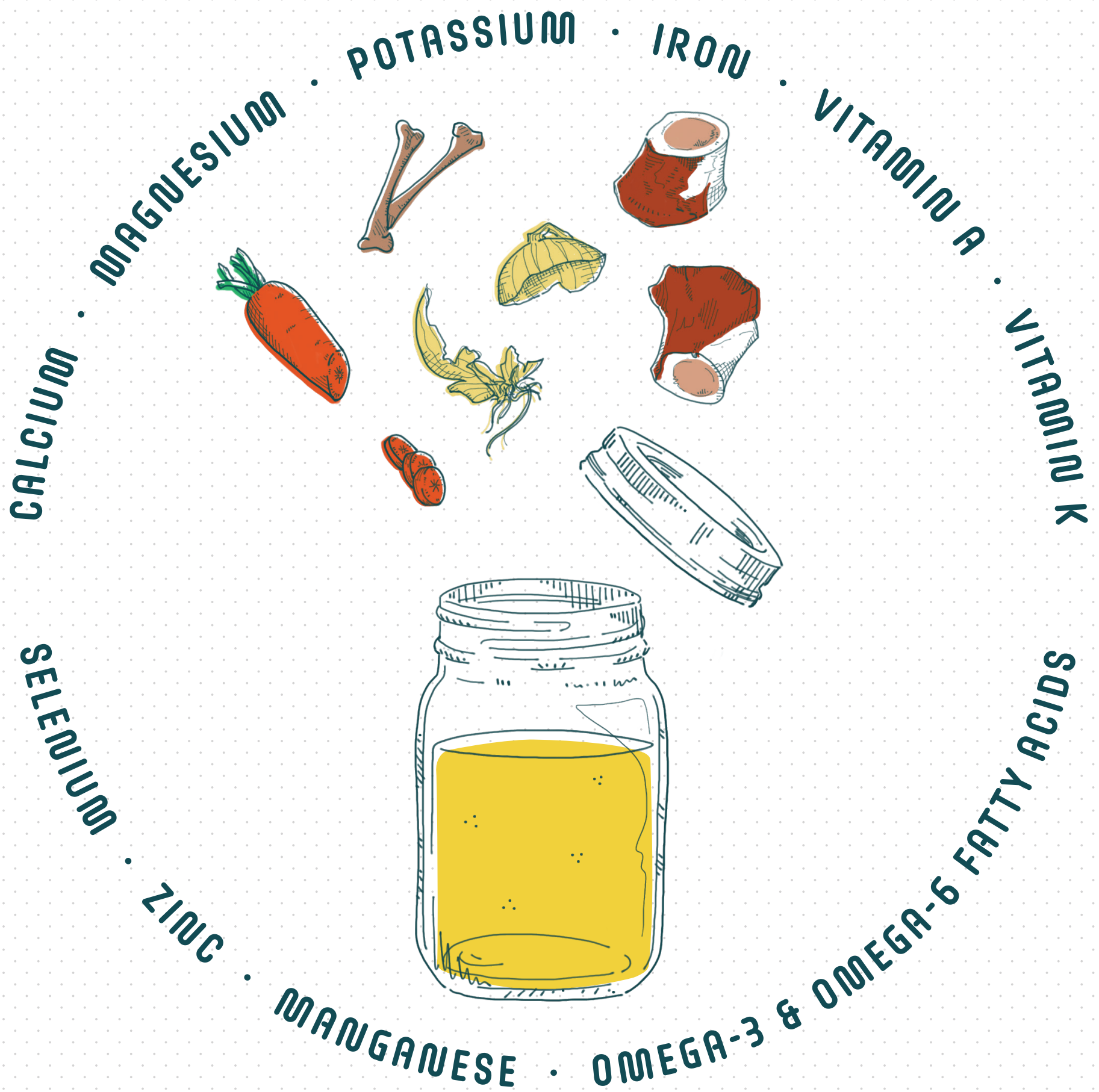


# THE BARE BONES



## OF HOMEMADE BROTH

Throw bones (beef, pork, lamb, chicken, or fish), common trimmings that can be stored in your freezer (carrot tops, onion skins, potato peels), herbs, and a splash of acid (lemon or apple cider vinegar) into a large pot. Cover with water (approx. 12 cups). Bring mixture to a boil then let simmer for 10-12 hours. Strain and refrigerate up to 5 days or freeze.

**YIELD** 6-8 CUPS