

# Chicken Bone Broth

DELICIOUS- NUTRICIOUS - EASY

## DIRECTIONS

1. Remove all the bones and skin and other misc parts (besides the meat) and place into a crock pot.
2. Cover with water.
3. Place 1 to 2 tablespoons of apple cider vinegar in the crock pot.
4. Cover and place on low overnight.
5. The next morning or during the day, remove the lid and allow to cool.
6. Place a large fine mesh colander over a large bowl or pan and pour the chicken and broth into the colander and allow to drain and cool.
7. Once cooled you can pour the chicken bone broth into glass jars. Place lid and store in the fridge or place in the freezer. If you place in the freezer please allow for expansion of the liquid -at least 2 inches in a quart size jar.



## INGREDIENTS

Whole Chicken Cooked  
Apple Cider Vinegar  
Crockpot  
Filtered Water

### How to Use Chicken Bone Broth:

- Cook your potatoes in broth and water when making mashed potatoes
- Sip on a half a cup every day for collagen health benefits and so much more!
- Use in any casserole to add nutritional benefits
- Soups - soups- soups!!!
- Use this bone broth to make your Rice
- It's a great deglazer in your cast iron pans for recipes



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