

Bone Broth: Mexican Beef + Chicken

I get questioned constantly about bone broth. #1 question: What does it taste like? (usually with a tiny, gross grimace on their face) I agree the recipe marketing department needs to find a better name. Bone Broth sounds pretty bad. But I tell people to imagine a steaming bowl of chicken noodle soup. Then take out the chicken, noodles and the scraggly bits of carrot and celery. That delicious broth that is left is what I sip as bone broth.

Directions

Day 1: Put the bones in a 16-quart stock pot. Add the vinegar and fill with cold water. Put on the stove and cook on the lowest heat a minimum of 12-18 hours, uncovered. I usually leave it on low overnight. The water will barely be bubbling. Not even simmering. If this makes you nervous use your crockpot and reduce the size of the recipe to fit.

Day 2: Add all your aromatics and add more water to make up for any that has cooked off. I cook the veggies for about 8 hours or overnight if I'm adding them at night.

Last Step: Let the broth cool for a few hours then strain the broth. You can do this any way that is convenient for you. I store the broth in Ziplock quart containers mostly because the lids screw on and they freeze nicely. I don't recommend mason jars in the freezer. I have lost multiple quarts of broth to cracked glass. Jars are fine for the fridge.

Tips:

- The fat will harden at the top making it very easy to spoon off.
- I salt my broth when I warm it up to drink because I also use my broth for cooking recipes and I prefer unsalted broth for cooking.

Ingredients

- 7 pounds of bones
- 1/4 cup apple cider vinegar
- 4 medium/large onions, quartered, skins on
- 4 carrots, 1 inch rounds
- 4 celery ribs, 1 inch
- 1 tbsp black pepper
- 1 bunch cilantro, left whole
- 1 tbsp cumin, ground or whole seeds
- 1 tbsp coriander, seeds or ground
- 1+ tomato, chopped
- 2 jalapeño, sliced, if you like some spice!

- You could salt your whole pot if you prefer.
- My husband likes to add spices and sometimes chopped herbs to the broth he is warming up. He brings a large Hydroflask (insulated bottle) to work and sips on it all day.
- One of my favorite time and money saving tips for making bone broth is to freeze the trimmings of any veggies and aromatics that are good in broth. I then freeze them in bags until I am making a big pot of broth. I add the frozen contents of the bags on day 2. ■