



Beef Bone Broth Recipe

Total Time: 48 hours

Beef bones with marrow

Enough water to cover bones

3 tbsp apple cider vinegar

2 Bay Leaves

Sea Salt and Ground Black Pepper

Vegetables of choice-carrots, celery, onions for example

Place all ingredients in crockpot. Add in water until bones are covered.

Turn setting to high and let simmer for 48 hours